



Headaches:

Headache is one of the most common pain conditions in the world. The main symptom of a headache is a pain in the head or face. This can be throbbing, constant, sharp or dull. Headaches can be treated with medication, and stress management.

Causes:

Headache disorders are painful, with discomfort felt in the head, neck, and shoulders. A headache occurs because of a primary or secondary cause

Headache pain results from signals interacting among the brain, blood vessels and surrounding nerves. During a headache, an unknown mechanism activates specific nerves that affect muscles and blood vessels. These nerves send pain signals to the brain.

Symptoms:

Tension headaches are the most common type of headache. Tension headache pain tends to be:

- Consistent without throbbing.
- Mild to moderate.
- On both sides of the head (bilateral).
- Responsive to over-the-counter treatment.
- Worse during routine activities (such as bending over or walking upstairs).



Treatment:

The most important part of treating headaches is figuring out the triggers. Once you know your triggers, your healthcare provider can tailor treatment to you. For example, you may get headaches when you're tense or worried. Counseling and stress management techniques can help you handle this trigger better. By lowering your stress level, you can avoid stress-induced headaches.

Not every headache requires medication. A range of treatments is available. Depending on your headache type, frequency and cause, treatment options include:

- Stress management
- Medications

