

HEADACHE CLINIC

FREQUENTLY ASKED QUESTIONS



We understand that painful, frequent headaches can negatively impact your quality of life. Our headache specialists work with each patient to provide an accurate diagnosis, along with a personalized treatment plan.

At the Headache Clinic, all types of headaches are treated. Some of the most common headaches are:

Migraine

Migraine is a type of moderate to severe recurrent headache with throbbing or pulsating pain on one or both sides of the head. Migraines are often accompanied by nausea, vomiting, and sensitivity to light, sound, or smell.

Some people experience visual disturbances (auras) or other sensory symptoms prior to the headache. Many patients have migraine “triggers” that are likely to start an episode. These may include certain foods or beverages, bright or flashing lights, strong scents, and changes to sleep patterns. Menstrual migraines occur around the time of a woman’s menstrual period, and are linked to the monthly fluctuation in the hormone estrogen. Migraines are commoner in women than in men.

Cluster Headache

Cluster headaches are severe, stabbing headaches that are limited to one side of the head and are accompanied by symptoms of redness, watering from the eye and stuffy nostril occurs on the same side. They often start during sleep, and may recur at the same time of day over a period of time. Cluster headaches are more common in men than in women.

Sinus Headaches

Symptoms include headache, face pain, and nasal drainage. The headache can be so severe and causes heaviness in the head and fatigue. More often, a “sinus” headache is actually a migraine or tension headache.

Tension Headache

Tension headaches are the most common type of headache and are generally the easiest to manage. Tension headaches are often described as a tight band around the head, and may be mild to moderate in intensity. Tension headaches are more common in women than in men. Personalized care plans are developed to reduce headache frequency and reduce the length and severity of headaches that do occur. In addition to prescription medications, our experts also may recommend lifestyle and nutrition changes.

Common causes of headache

- ❖ Acute sinusitis (sinus infection)
- ❖ Arterial tears (carotid or vertebral dissections)
- ❖ Blood clot (venous thrombosis) within the brain — separate from stroke
- ❖ Brain aneurysm (a bulge in an artery in your brain)
- ❖ Brain AVM (arteriovenous malformation) — an abnormal formation of brain blood vessels
- ❖ Brain tumor
- ❖ Carbon monoxide poisoning
- ❖ Chiari malformation (structural problem at the base of your skull)
- ❖ Concussion
- ❖ Dehydration
- ❖ Dental problems
- ❖ Ear infection (middle ear)
- ❖ Encephalitis (brain inflammation)
- ❖ Giant cell arteritis (inflammation of the lining of the arteries)
- ❖ Glaucoma (acute angle closure glaucoma)
- ❖ Hypertension
- ❖ Influenza (flu) and other febrile (fever) illnesses
- ❖ Intracranial hematoma
- ❖ Meningitis
- ❖ Panic attacks and panic disorder
- ❖ Post-concussion syndrome
- ❖ Pseudotumor cerebri
- ❖ Stroke
- ❖ Toxoplasmosis
- ❖ Trigeminal neuralgia (as well as other neuralgias, all involving irritation of certain nerves connecting the face and brain)