

Green Valley Health Center

Doctor: Dr. Sarah Johnson

Date: 05/07/2023

Description:

A headache involves pain in the head or upper neck and can vary in intensity, location, and duration. Headaches can be caused by tension, stress, dehydration, or other underlying conditions.

Precautions:

- 1) Ensure adequate hydration, rest, and stress management.
- 2) Use over-the-counter pain relief as needed, but seek medical advice if headaches are frequent or severe.

Advice:

Managing headaches involves addressing the underlying causes and using appropriate pain relief methods. Consult a healthcare provider for recurring or intense headaches.

Severity: 3 (Moderate)

Headache Type	Age of Onset	Location	Duration	Frequency/Timing	Severity	Quality	Associated Features
Tension	10-50	Both sides of head or whole head	30 mins to 1 week	Varies, usually at times of increased stress	Dull to moderate	Ache, tightness, pressure around the head	Tight or sore shoulder and neck muscles
Cervicogenic	Varies	Base of neck, side of head, top of head	1-6 hrs	daily	Moderate to severe	Can range from dull ache to sharp pain	Neck pain, occasional nausea
TMJ	Varies	Temples, sides of jaw, can cause pain in the teeth, can be one or two sided	Varies	Daily, often worse in the morning after clenching teeth all night	Moderate to severe	Can range from dull ache to sharp pain	Pain while chewing or talking, clicking in jaw
Migraines	5-40	One sided, near the temple or behind the eye	Several hours to 3 days	Varies, can be related to menstrual cycle or food sensitivity	Moderate to very severe	Throbbing, pulsing, strong steady ache	Light/sound sensitivity, nausea, vomiting, visual disturbances (blind spot or aura)
Cluster	15-40	One sided, around or behind the eye	30 mins to 2 hrs	1-8 times per day, typically at night	Very severe	Boring, stabbing, piercing	Facial sweating, nasal congestion, one eye watering

Additional Considerations:

1. Types of Headaches

Headaches can be classified into various types, including tension headaches, migraines, cluster headaches, and sinus headaches. Identifying the type can help determine the most effective treatment.

2. Common Triggers

Common headache triggers include stress, lack of sleep, dehydration, poor posture, certain foods, and environmental factors. Recognizing and avoiding these triggers can help reduce the frequency of headaches.

3. Hydration Tips

Staying well-hydrated is crucial in preventing headaches. Aim to drink at least 8 glasses of water a day. Avoid excessive caffeine and alcohol consumption as they can lead to dehydration.

4. Medical Treatments

Over-the-counter medications such as ibuprofen, acetaminophen, or aspirin can provide relief for most headaches. For severe migraines, prescription medications like triptans or anti-nausea drugs may be necessary.

5. Lifestyle Adjustments

Implementing lifestyle changes such as regular exercise, maintaining good posture,

practicing relaxation techniques like yoga or meditation, and ensuring adequate sleep can help manage and prevent headaches.

Patient Details:

Patient Name: Michael Warner

Age: 35

Diagnosis: Headache**Summary:**

Headaches can significantly impact daily life, but understanding their types and triggers, maintaining hydration, exploring medical treatments, and making lifestyle adjustments can help manage and alleviate symptoms. For frequent or severe headaches, professional medical advice is essential to determine the underlying cause and appropriate treatment.

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