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# Headache

Almost everyone has had a headache. Headache is the most common form of pain. It's a major reason people miss days at work or school or visit the doctor.


The most common type of headache is a tension headache. Tension headaches are due to tight muscles in your shoulders, neck, scalp and jaw. They are often related to stress, depression or anxiety. You are more likely to get tension headaches if you work too much, don't get enough sleep, miss meals, or use alcohol.

Other common types of headaches include migraines [<https://medlineplus.gov/migraine.html>] , cluster headaches, and sinus headaches. Most people can feel much better by making lifestyle changes, learning ways to relax and taking pain relievers [<https://medlineplus.gov/painrelievers.html>] .

Not all headaches require a doctor's attention. But sometimes headaches warn of a more serious disorder. Let your health care provider know if you have sudden, severe headaches. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with a stiff neck, fever, confusion, loss of consciousness, or pain in the eye or ear.

*NIH: National Institute of Neurological Disorders and Stroke*

## Start Here

- Headache [<https://www.mayoclinic.org/symptoms/headache/basics/definition/SYM-20050800?p=1>]  
(Mayo Foundation for Medical Education and Research)
- Headache [<https://www.ninds.nih.gov/health-information/disorders/headache>]  
 (National Institute of Neurological Disorders and Stroke)  
Also in Spanish [<https://www.ninds.nih.gov/es/health-information/disorders/dolor-de-cabeza>]
- Headaches [<https://familydoctor.org/symptom/headaches/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/dolores-de-cabeza/?adfree=true>]

## Symptoms

- Headaches: Treatment Depends on Your Diagnosis and Symptoms [<https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/in-depth/headaches/ART-20047375?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chronic-daily-headaches/in-depth/headaches/art-20047375?p=1>]

## Diagnosis and Tests


- Do I Need an MRI for My Migraine? [<https://americanmigrainefoundation.org/resource-library/do-i-need-an-mri-for-my-migraine/>] (American Migraine Foundation)
- Headaches [<https://familydoctor.org/symptom/headaches/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/dolores-de-cabeza/?adfree=true>]

When to Go to the Emergency Room for a Headache or Migraine [<https://americanmigrainefoundation.org/resource-library/when-to-go-to-the-er-for-headache-migraine/>] (American Migraine Foundation)

## Prevention and Risk Factors

- Headaches: Reduce Stress to Prevent the Pain [<https://www.mayoclinic.org/diseases-conditions/tension-headache/in-depth/headaches/ART-20046707?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/tension-headache/in-depth/headaches/art-20046707?p=1>]

## Treatments and Therapies

- Acute Therapy: Why Not Over-The-Counter or Other Nonspecific Options?  
[<https://americanmigrainefoundation.org/resource-library/acute-therapy-why-not-otc-options/>] (American Migraine Foundation)
- Headaches: What You Need to Know [<https://www.nccih.nih.gov/health/headaches-what-you-need-to-know>]  
 (National Center for Complementary and Integrative Health)

## Living With






- Headache Hygiene -- What Is It? [<https://americanmigrainefoundation.org/resource-library/what-is-headache-hygiene/>]  
(American Migraine Foundation)
- Low-Tyramine Diet for Migraine Disease [<https://headaches.org/resources/low-tyramine-diet-for-individuals-with-headache-or-migraine/>] (National Headache Foundation)
- Tension-Type Headaches: Self-Care Measures for Relief [<https://www.mayoclinic.org/diseases-conditions/tension-headache/in-depth/headaches/ART-20047631?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/tension-headache/in-depth/headaches/art-20047631?p=1>]

## Specifics

- Chronic Daily Headaches [<https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/symptoms-causes/syc-20370891?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chronic-daily-headaches/symptoms-causes/syc-20370891?p=1>]
- Cluster Headache [<https://www.mayoclinic.org/diseases-conditions/cluster-headache/symptoms-causes/syc-20352080?p=1>] (Mayo Foundation for Medical Education and Research)
- Cough Headaches [<https://www.mayoclinic.org/diseases-conditions/primary-cough-headaches/symptoms-causes/syc-20371200?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/primary-cough-headaches/symptoms-causes/syc-20371200?p=1>]
- Exercise Headaches [<https://www.mayoclinic.org/diseases-conditions/exercise-headaches/symptoms-causes/syc-20372276?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/exercise-headaches/symptoms-causes/syc-20372276?p=1>]
- Intractable Headache - The Pain in Your Head that Just Won't Quit [<https://americanmigrainefoundation.org/resource-library/intractable-headache/>] (American Migraine Foundation)
- Nighttime Headaches: How Can I Get Relief? [<https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/expert-answers/nighttime-headaches/FAQ-20057919?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chronic-daily-headaches/expert-answers/nighttime-headaches/faq-20057919?p=1>]
- Sex Headaches [<https://www.mayoclinic.org/diseases-conditions/sex-headaches/symptoms-causes/syc-20377477?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/sex-headaches/symptoms-causes/syc-20377477?p=1>]
- Sinus Headaches [<https://www.mayoclinic.org/diseases-conditions/sinus-headaches/symptoms-causes/syc-20377580?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/sinus-headaches/symptoms-causes/syc-20377580?p=1>]
- Spinal Headaches [<https://www.mayoclinic.org/diseases-conditions/spinal-headaches/symptoms-causes/syc-20377913?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/spinal-headaches/symptoms-causes/syc-20377913?p=1>]

- Tension Headache [<https://www.mayoclinic.org/diseases-conditions/tension-headache/symptoms-causes/syc-20353977?p=1>] (Mayo Foundation for Medical Education and Research)
- Thunderclap Headaches [<https://www.mayoclinic.org/diseases-conditions/thunderclap-headaches/symptoms-causes/syc-20378361?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/thunderclap-headaches/symptoms-causes/syc-20378361?p=1>]

## Clinical Trials


- ClinicalTrials.gov: Cluster Headache [<https://clinicaltrials.gov/search?cond=%22Cluster+Headache%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Headache [<https://clinicaltrials.gov/search?cond=%22Headache%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Headache Disorders [<https://clinicaltrials.gov/search?cond=%22Headache+Disorders%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Tension Headache [<https://clinicaltrials.gov/search?cond=%22Tension+Headache%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Tension-Type Headache [<https://clinicaltrials.gov/search?cond=%22Tension-Type+Headache%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Calcitonin gene-related peptide monoclonal antibody treatment for new daily persistent headache. [<https://www.ncbi.nlm.nih.gov/pubmed/40721729>]
- Article: Headache diagnosis in children and adolescents: validation of the Italian version... [<https://www.ncbi.nlm.nih.gov/pubmed/40721728>]
- Article: Uses of Botulinum Toxin in Headache and Facial Pain Disorders: An... [<https://www.ncbi.nlm.nih.gov/pubmed/40711126>]
- Headache -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Headache%22%5Bmajr%3Anoexp%5D+OR+%22Headache+Disorders%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Find a Migraine and Headache Specialist [<https://americanmigrainefoundation.org/find-a-doctor/>] (American Migraine Foundation)
- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 

## Children

- Headaches [<https://kidshealth.org/en/kids/headache.html>] (Nemours Foundation)
- Headaches (For Parents) [<https://kidshealth.org/en/parents/headache.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/headache.html>]
- Headaches in Children [<https://www.aapos.org/glossary/headaches-in-children>] (American Association for Pediatric Ophthalmology and Strabismus)
- Headaches in Children [<https://www.mayoclinic.org/diseases-conditions/headaches-in-children/symptoms-causes/syc-20352099?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/headaches-in-children/symptoms-causes/syc-20352099?p=1>]

## Teenagers

- Headaches [<https://kidshealth.org/en/teens/headaches.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/teens/headaches.html>]

## Women

- Headaches and Hormones: What's the Connection? [<https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/in-depth/headaches/ART-20046729?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chronic-daily-headaches/in-depth/headaches/art-20046729?p=1>]
- Headaches during Pregnancy: What's the Best Treatment? [<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/headaches-during-pregnancy/faq-20058265?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/pregnancy-week-by-week/expert-answers/headaches-during-pregnancy/faq-20058265?p=1>]

## Patient Handouts

- Cluster headache [<https://medlineplus.gov/ency/article/000786.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000786.htm>]
- Headache [<https://medlineplus.gov/ency/article/003024.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003024.htm>]
- Headaches - danger signs [<https://medlineplus.gov/ency/patientinstructions/000424.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000424.htm>]
- Managing tension headaches at home [<https://medlineplus.gov/ency/patientinstructions/000421.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000421.htm>]
- Tension headache [<https://medlineplus.gov/ency/article/000797.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000797.htm>]



## MEDICAL ENCYCLOPEDIA

Cluster headache [<https://medlineplus.gov/ency/article/000786.htm>]

Headache [<https://medlineplus.gov/ency/article/003024.htm>]

Headache - what to ask your doctor [<https://medlineplus.gov/ency/patientinstructions/000303.htm>]

Headaches - danger signs [<https://medlineplus.gov/ency/patientinstructions/000424.htm>]

Managing tension headaches at home [<https://medlineplus.gov/ency/patientinstructions/000421.htm>]

Tension headache [<https://medlineplus.gov/ency/article/000797.htm>]

## Related Health Topics

Migraine [<https://medlineplus.gov/migraine.html>]

The primary NIH organization for research on *Headache* is the National Institute of Neurological Disorders and Stroke  
[<http://www.ninds.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/headache.html>] on *Headache*

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