

A headache is pain felt in the head. There are different types and causes of headaches.

### **Sinus Headache**

A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose and eyes. The pain is worse when bending forward and when first waking up in the morning.

### **Tension Headache**

A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders.

### **Migraine Headache**

A migraine headache is caused by the swelling of blood vessels in the brain. Things that may trigger a migraine include:

- Bright or flashing lights, loud noises or strong smells.
- Certain foods or drinks such as:
  - Processed meat such as bacon, hot dogs, and deli meats.
  - Wheat bread or grains with gluten.
  - Additives such as artificial sweeteners.
  - Caffeine found in coffee, tea, soft drinks and chocolate.
  - Red wine or other alcoholic drinks.

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise or some smells may worsen these signs.

There may be warning signs before a migraine called an aura.

Warning signs may include:

- Sudden tiredness or frequent yawning.
- Visual changes such as blind spots, seeing bright lights, lines or other things that are not there, or blurred vision.
- Tingling in an arm or leg.

### **Cluster Headache**

A cluster headache cause's severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer.

### **Things that may trigger it:**

- Changes in the amount of daily sunlight during the spring and fall.
- Glare from light.
- Alcohol.
- Smoking.
- Certain foods.

### **Your Care**

Your doctor will do an exam. Your care will be based on the signs and type of headache you have. As a part of your care you may need to:

- Take over the counter medicines.
- Apply heat or cold to your neck or head.
- Get enough sleep.
- Relax, reduce stress and use good posture.
- Eat a healthy diet and do not delay or miss meals.
- Avoid eyestrain.
- Avoid smoke and alcohol.

## Call your doctor right away if:

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea and vomiting.
- Your headache is sudden and severe.
- Your headache gets worse over a 24-hour period or lasts longer than one day.
- Your headache is severe and is near one eye with redness in that eye.
- You have a history of headaches, but they have changed in pattern or intensity.

For any questions or clarification please call your doctor or call the Emergency Department at 01/372888 ext.: 1900-1911

Contact info:  
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ext: 1900-1911



## Headaches

### What you need to know