MY HEAD IS KILLING ME - WHERE'S THE TYLENOL?

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AGENDA

Different Types of Headaches

Headache Triggers

A Headache Healthy Lifestyle – The S.E.E.D.S. Method

Treatment Management, including Alternative Therapies

WHAT REALLY IS A HEADACHE?

Definition:

A headache is pain or discomfort in the head, scalp or neck.

Headaches can vary in location, intensity, and duration.

Some headaches are primary disorders, while others as caused by an underlying condition.

Identifying the type of headache helps determine the best treatment.

DIFFERENT TYPES OF HEADACHES

Tension-type Headache

Pressure or tightening sensation

Often affects ***both*** sides of the head

Can be associated with muscle tension or stress

Migraine

Often throbbing or pulsing

May include nausea and sensitivity to light or sound

Attacks can last 4-72 hours

DIFFERENT TYPES OF HEADACHES

Cluster Headaches

Severe pain, usually around one eye

Often occurs in repeated attacks or “clusters”

Secondary Headaches

Caused by another condition, medication, injury or illness

MORE ON TENSION HEADACHES

Tension-type Headache

The most common type of headache.*

Often mild to moderate discomfort.

Not associated with nausea or throbbing.

Can last 30 minutes to full week.

Can cause tenderness in the scalp, temples, neck and shoulder muscles.

Caused by emotional stress, poor posture or holding one position too long, lack of sleep, skipped meals, eye strain or jaw clenching.

Treat with over-the-counter pain relievers, ice pack, stress management, adjusting workplace ergonomics.

MORE ON MIGRAINES

Migraine Headaches*

More intense, typically recurring.

A neurologic event, with nausea vomiting, and/or sensitivity to light or sound.

Sometimes with visual warnings like flashing lights or zigzag lines, called an aura.

Often a family history.

Pain is typically on one side.

Can be triggered by stress, hormones, certain foods, sleep changes. **

Often requires prescription medication both for treatment and/or prevention.

Resting in a dark room helps.

MORE ON CLUSTER HEADACHES

Cluster Headaches

Rare, extremely painful.*

Happen in groups or cycles. **

One-sided

Can last 15 minutes to 3 hours

Sometimes a red/watery eye on the painful side, or a stuffy or watery nose.

Sometimes a drooping eyelid or small pupil.

Feel restless, like pacing. ***

Common triggers are alcohol, cigarette smoke, strong smells and bright lights.

Pure oxygen can help, or a triptan nasal spray or injection.

Daily verapamil or steroids can prevent attacks. ****

MORE ON SECONDARY HEADACHES

Secondary Headaches

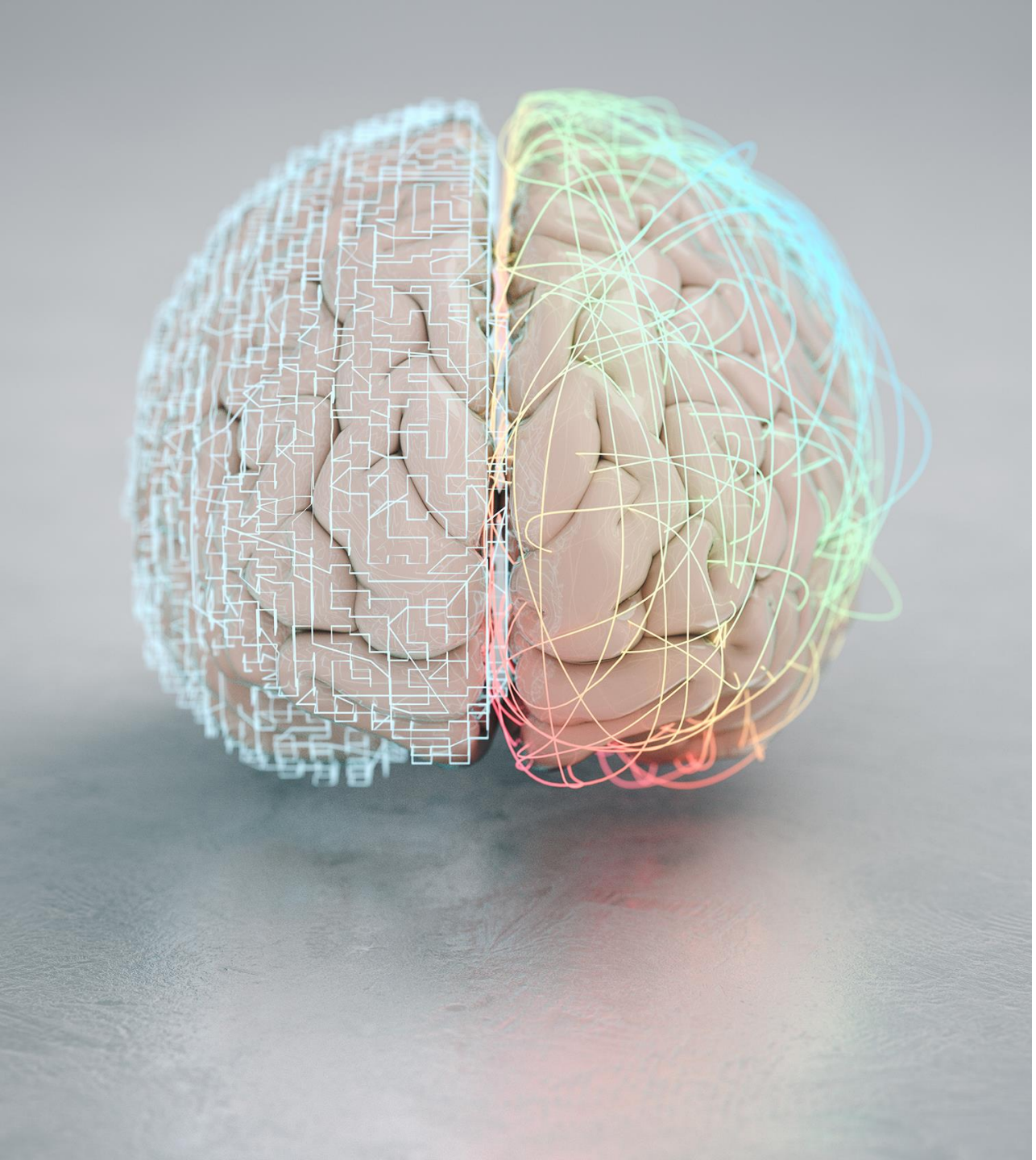
Caused by some other external factor.

Can be harmless causes like sinus pressure or a hangover, or can be serious like bleeding in the brain, strokes or infections. *

Seek medical care if a violent headache that peaks in seconds, confusion, weakness on one side or trouble walking, fever, stiff neck, new rash, continues to get worse over days, or if pain is triggered by sudden movement, coughing or straining.

HEADACHE TRIGGERS*

- Stress and anxiety
- Lack of or changes in sleep
- Skipping Meals
- Dehydration
- Too much or too little caffeine
- Bright lights or strong smells
- Changes in weather
- Hormonal changes
- Certain foods or individual ~~die~~tary triggers



BEING HEADACHE HEALTHY - THE S.E.E.D.S. METHOD

THE S.E.E.D.S. METHOD*

S = Sleep

Keep a consistent sleep schedule.

E = Exercise

Stay physically active in ways that work for you.

E = Eat

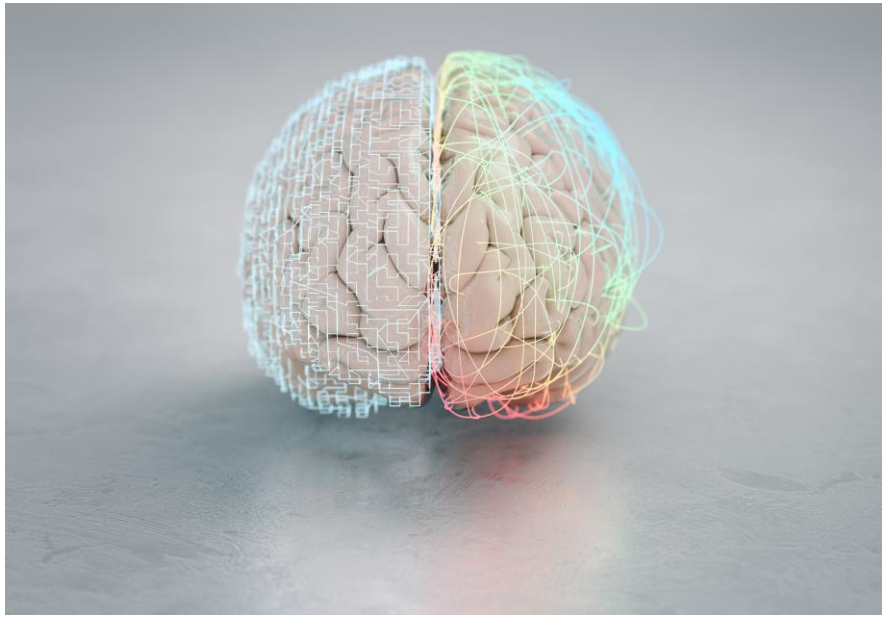
Eat regular, balanced meals and avoid skipping meals.

D = Diary

Track headaches, symptoms, medications, and possible triggers.

S = Stress

Use relaxation and stress-management techniques.



TREATING A HEADACHE

Treatment depends on the type and severity of the headache.

Rest in a quiet or dark environment.

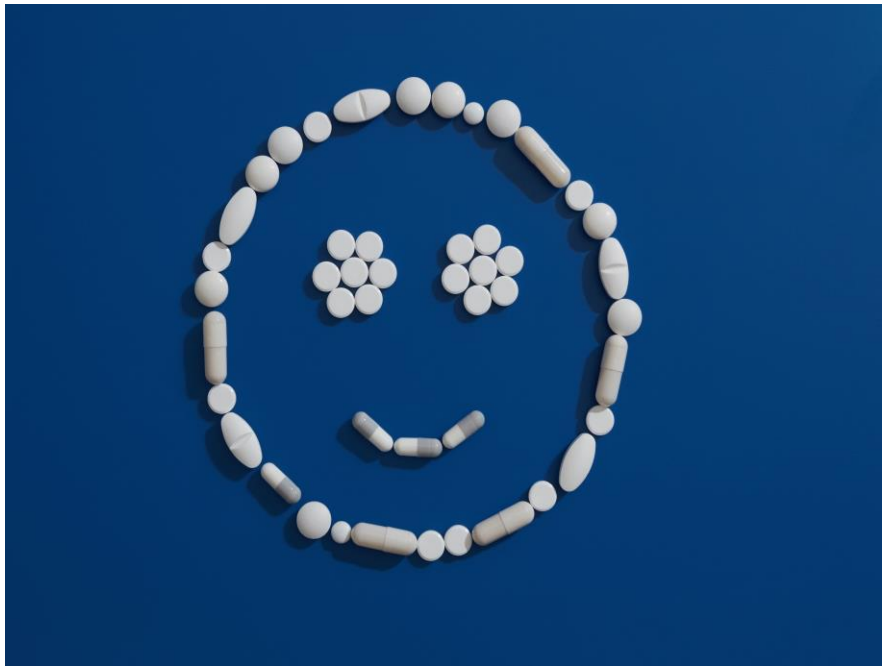
Drink fluids if dehydration may be contributing.

Cold or warm compresses may provide relief.

Over-the-Counter medications may help some headaches.

Migraine-specific prescription medications may be needed.

Frequent or disabling headaches may require preventive treatment.



OVER THE COUNTER OPTIONS

TYLENOL (acetaminophen)

500mg to 1000mg every 4 to 6 hours, max 3000mg per day

MOTRIN (ibuprofen)

400mg every 4 to 6 hours

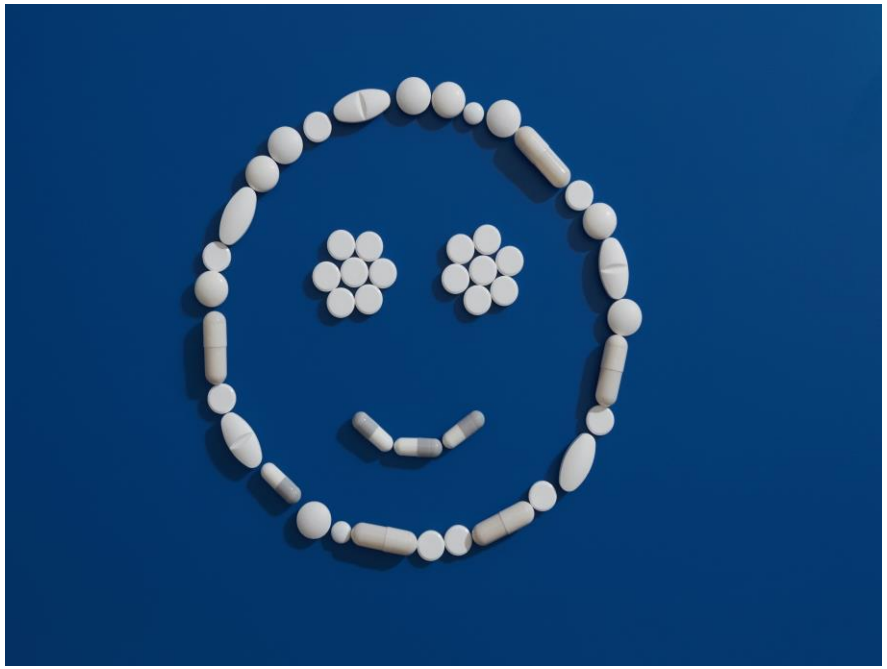
ALEVE (naproxen)*

220 mg every 8 to 12 hours

EXCEDRIN (aspirin, acetaminophen, and caffeine)

2 caplets once per 24 hours if Excedrin Migraine

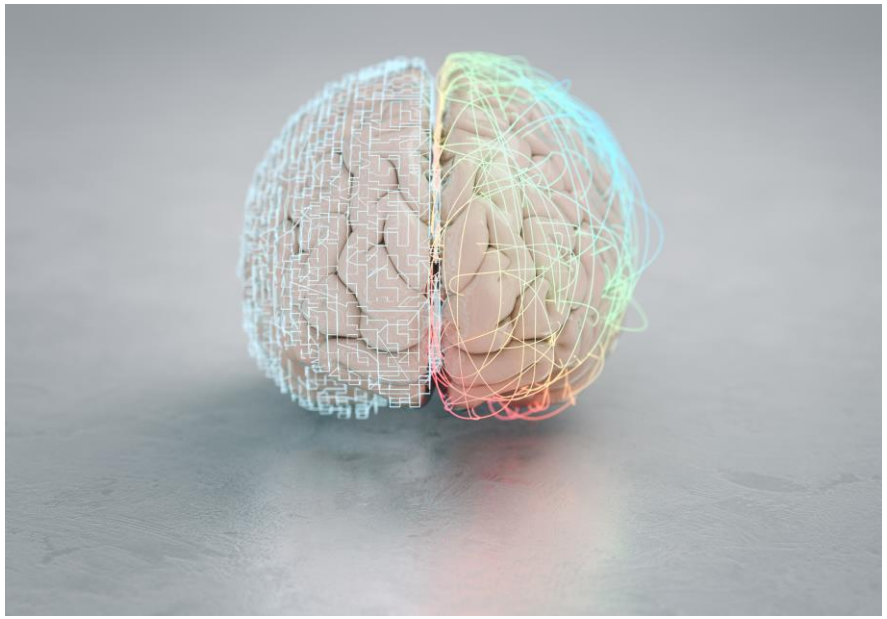
2 caplets every 6 hours if Excedrin Extra Strength



OVER THE COUNTER OPTIONS

GOODY'S POWDER (aspirin, acetaminophen and caffeine)

1 powder every 6 hours while symptoms last



TREATING A MIGRAINE

Acute medications:

- Triptans – Imitrex, Maxalt, Zomig, Relpax, Amerge*
- Gepants and Ditans**
- Anti-nausea medications

Preventive Medications:

- Blood pressure drugs (beta-blockers)*
- Anti-seizure drugs (topiramate)*
- CGRP inhibitors (Aimovig or Nurtec)
- Botox

MEDICATION-OVERUSE HEADACHE

Frequent use of acute headache medications can contribute to medication-overuse headache.

For simple pain relivers such as acetaminophen or NSAIDs, overuse is generally associated with use on 15 or more days per month.

Combination pain relievers, opioids, and some migraine-specific medicines can cause overuse headache at lower frequencies.

A headache diary can help identify a pattern.

Magnesium (oxide or glycinate)

Feverfew

Riboflavin (Vitamin B-2)

Coenzyme Q10

Omega-3 Fatty Acids

ALTERNATIVE THERAPIES*

ALTERNATIVE THERAPIES – NON-MEDICATION*

- Relaxation techniques
- Meditation and mindfulness
- Yoga
- Peppermint/Lavender Oil
- Acupuncture or Acupressure*
- Massage

WHEN IS A HEADACHE AN EMERGENCY?

Seek medical attention for a headache that:

- Starts suddenly and becomes extremely severe
- Is accompanied by weakness, numbness, confusion, or trouble speaking
- Occurs with fever or stiff neck
- Causes seizures or loss of consciousness
- Follows a significant head injury
- Is accompanied by major vision or balance problems

KEY TAKEAWAYS

Not all headaches are the same.

Learning your headache type and triggers can improve management.

Healthy habits can reduce headache frequency and severity.

Severe, sudden, or unusual headaches require medical attention.

SEPTEMBER 16TH

CURVES

725 W. MAIN ST

NEXT CLASS:

THANK YOU

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