

HEADACHE

**EVERY
THING
YOU
NEED
TO
KNOW...**

Did You Know That:



OF THE
**ENTIRE POPULATION
HAVE HAD A
HEADACHE**
AT SOME TIME

75% HAVE EPISODES OF
HEADACHES



50% HAVE HAD A
**SEVERE
HEADACHE**



25% HAVE RECURRING
**SEVERE
HEADACHE**



12% HAVE
**MIGRAINE
HEADACHE**



4% HAVE
**CHRONIC DAILY
HEADACHE**



TYPES OF HEADACHES

1 TENSION-TYPE HEADACHE

A generalized constricting band-like headache that you don't feel sick with. Often brought on by tension or holding the neck in a tight position

THE MOST COMMON
**78% OF ALL
HEADACHES**

Did you know that:

Tension-Type Headache is the most common type of headache, by far accounting for 78% of headaches. However, 75% of people with migraine also have neck pain, so presence of neck pain does not mean you have a tension-type headache. Of them, 82% have previously been diagnosed as having tension-type headache, rather than migraine which is because tension-type headaches are mild, easily self-treated and rarely require a doctor's visit

2 MIGRAINE HEADACHE

**94% OF PEOPLE
WHO HAVE EPISODES
OF HEADACHES
HAVE MIGRAINE**

Did you know that:

94% of people who go to a doctor with the complaint of episodes of headache actually have migraine

50% of those with migraine are actually diagnosed as having migraine

Many think that you need to have an aura to be diagnosed with migraine, but only 15-20% of people with migraine get aura

In a month, the average migraineur loses 0.64 paid days from work and 12.7 hours worked still impaired with migraines

Tension can trigger a migraine

The World Health Organization rates migraine 19th among all causes of years lived with disability

**12% OF PEOPLE
WITH RECURRING
HEADACHES
HAVE MIGRAINE**

3 SINUS HEADACHE

You can get headache with an acute sinus infection, but that is usually associated with fever, colored drainage and significant pain over the sinus that is affected

Did you know that:

"Sinus headache" is a widely accepted clinical diagnosis, although many specialists consider it an uncommon cause of recurrent headaches

Almost 50% of people with migraine have eye tearing or nasal stuffiness with their attacks

Almost 90% of people who have been diagnosed as having sinus headaches, actually have migraine

**ALMOST 50%
OF PEOPLE WITH
MIGRAINE HAVE
EYE TEARING OR
NASAL STUFFINESS**

**ALMOST 90%
OF PEOPLE WHO
HAVE BEEN DIAGNOSED
AS HAVING SINUS HEADACHES
HAVE MIGRAINE**

4 CLUSTER HEADACHE

Did you know that:

These are rare, affecting only 1/2 % of the population

These are very severe, generally around the eye and temple and last 20 minutes to 2 hours on average

Eye tearing and nasal congestion are significant, but this can be seen with other types of headaches

Cluster headache is not a variant of migraine; it is its own diagnosis with its own treatment

**RARE, AFFECTING
ONLY 1/2
OF A PERCENT
OF THE POPULATION**

**1 in 20
PEOPLE
HAVE
CHRONIC
DAILY
HEADACHES**

5 CHRONIC DAILY HEADACHE

Did you know that:

There are many causes of chronic daily headache, but most have a history of migraine and the overuse of medication have caused them to be chronic

TREATMENTS FOR HEADACHES

TREATMENTS INCLUDE:

TENSION-TYPE HEADACHE

- Aspirin
- Ibuprofen (Advil, Motrin, others)
- Acetaminophen (Tylenol, others)

MIGRAINE HEADACHE

- Over-the-counter medications
- Prescription medications
- Rest in a quiet, dark room
- Hot or cold compresses to your head or neck
- Massage and small amounts of caffeine

CLUSTER HEADACHE

- Preventative medications
- Acute medications
- Inhalation of 100 percent oxygen through a mask

8 EASY REMEDIES

THAT CAN HEAL YOUR HEADACHE FAST...

- 1 Relaxing & Resting
- 2 Ice Pack
- 3 Moderate Exercise
- 4 Dietary Supplements
- 5 Hydration
- 6 Pressure Points/Gentle Massage
- 7 Take a Hot Shower
- 8 Diet; Multiple Small Meals