

# Different Types of Headaches Explained

Learn how to recognize and prevent these common types of headaches.



## Migraines

The pain is typically one-sided, throbbing and severe. Migraines can last up to 72 hours.

### Symptoms



Photophobia  
*(light sensitivity)*  
Nausea  
Aura phase  
*(prior to headache)*  
Depression and anxiety  
Fatigue

### Causes



Changes in weather  
Genetics  
Imbalance in brain chemicals  
Stress  
Certain foods and beverages

### Prevention



Get enough sleep  
Eliminate trigger foods from diet  
Take prescribed medications  
Massages and chiropractic care  
Regular exercise

## Sinus Headaches

Characterized by throbbing pain and pressure around the eyes, cheeks and forehead.

### Symptoms



Stuffy nose  
Fever  
Fatigue  
Pain that worsens when you lie down

### Causes



Viral infection  
Changes in weather  
Allergies

### Prevention



Avoid alcohol, caffeine and cigarettes  
Improve indoor air quality  
*(keep your home and HVAC system clean)*  
Stay hydrated

## Tension Headaches

Also known as stress headaches, they range from mild to severe and can be located on both sides of the head.

### Symptoms



Dull pain  
Pressure and tenderness around the forehead

### Causes



Dehydration  
Skipping meals  
Stress  
Caffeine  
Alcohol  
Sleep deprivation

### Prevention



Manage stress levels  
Drink plenty of water  
Get enough sleep  
Eliminate trigger foods and beverages from your diet

## Cluster Headaches

May resemble sinus headaches, but the pain is usually more severe and occurs in or around one eye. As the name implies, the pain occurs in "clusters" that can last for several weeks or even months followed by a period of remission.

### Symptoms



Congestion  
Watery eyes  
Agitation  
Swelling around the affected eye

### Causes



Changes in weather  
Alcohol  
Certain medications  
Exact causes remain unknown

### Prevention



Avoid alcohol and cigarettes

LEARN ABOUT NATURAL WAYS TO TREAT YOUR HEADACHE

Call (877) 704-1761 for More Information

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