

September: Migraines and Headaches



According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches and of these, 28 million suffer from migraines. About 20% of children and adolescents also have significant headaches.

Most people get headaches now and then, but how do you know if it's a migraine? This is a headache in which blood vessels constrict and dilate, releasing inflammatory substances that cause painful pulsations. The mild to severe pain can last from four hours up to a week, two to four times a month.

Your headache may be a migraine if you have any combination of these symptoms:

- Moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, or can shift from one side of the head to the other.
- Sensitivity to light, noise or odors
- Blurred vision, -Nausea or vomiting, upset stomach, abdominal pain
- Loss of appetite
- Sensations of being very warm or cold, Paleness
- Fatigue, Dizziness, Fever(rare)
- Bright flashing dots or lights, blind spots, wavy or jagged lines(aura)

There are several types of headaches. In fact, 150 diagnostic headache categories have been established! Some of the other common types of headaches are:

Tension headaches - also called chronic daily headaches or chronic non-progressive headaches, tension headaches are the most common type of headaches among adults and adolescents. These muscle contraction headaches cause mild to moderate pain and come and go over a prolonged period of time.

Sinus headaches - sinus headaches are associated with a deep and constant pain in the cheekbones, forehead, or bridge of the nose. The pain usually intensifies with sudden head movement or straining and usually occurs with other sinus symptoms, such as nasal discharge, feeling of fullness in the ears, fever, and facial swelling.

Some interesting statistics:

- 45 million Americans suffer chronic headaches

- We spend \$4 billion a year on over-the-counter pain relievers for headaches
- 28 million Americans have migraines each year
- 70% of migraine sufferers are women
- 78% of headaches are the tension type

The link below will provide more detail about migraines and the triggers.

[Migraines and Headaches](#)

