



From Headaches to Migraines

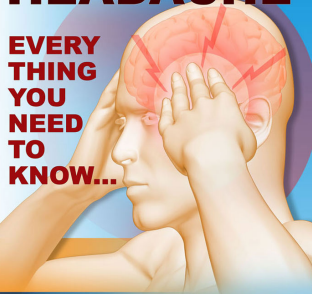
by NEWLIFEOUTLOOK TEAM

What to Know about Headaches and Migraines

To prevent getting migraines at work, have the over-the-counter or prescribed medication that works for your migraines with you. You can store these in your lunch bag or purse until you need them. If you find that you're getting a lot of the warning signs of a migraine when you're at work, there could be something there triggering your migraine. It could be the brightness of your monitors, the type of lighting in the office, and a number of factors. Whether the lighting is your trigger or not, keep your monitors dim at all times. Keep a pair of sunglasses with you as well that you can put on if you begin to become sensitive to the light. A migraine can last for several days, so sunglasses can help when you're able to return to work if you still have a slight migraine.

HEADACHE

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



Did You Know That:

90% 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 contracting contraind headache that you don't feel sick with. Often brought on by tension or holding the neck in a tight position.

Did you know that:

78% OF ALL HEADACHES

Tension-Type Headache is the most common type of headache, it is responsible for 78% of headaches. However, 70% of people don't realize they have a tension-type headache. Of them, 82% have probably been diagnosed as having tension-type headache, while the remaining 18% report tension-type headaches are mild, easily self-treated and rarely require a doctor's visit.

2 MIGRAINE HEADACHE

Did you know that:
84% of people who go to a doctor with the complaint of episodes of headache actually have migraine.

82% of those with migraine are actually diagnosed as having tension-type headache. Many people don't realize they have a migraine until they've tried over-the-counter pain relievers, but only 15% of people with migraine get such.

In a month, the average migraineur loses 0.56 paid days from work and 12.3 hours of their life to migraine.

Tension can trigger a migraine.

The World Health Organization estimates that about 1 billion people are affected by all forms of primary headache disorders, including migraine.

ALMOST 50% OF PEOPLE WITH EYE TEARING OR NASAL STUFFINESS
ALMOST 90% OF PEOPLE WHO HAVE BEEN DIAGNOSED AS HAVING MIGRAINE

94% OF PEOPLE WHO HAVE EPISODES OF HEADACHES HAVE MIGRAINE

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 rarely used medical diagnosis, although many physicians consider an incorrect cause of recurrent headaches.

Although 60% 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.

4 CLUSTER HEADACHE

Did you know that:

These are rare, affecting only 1% of the population.

These are very severe, generally around the eye and temple and last 30 minutes to 2 hours on average.

Eye tearing and nasal congestion are hallmarks of cluster headaches, but they can also occur with other types of headaches.

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

1 in 20 PEOPLE HAVE CHRONIC DAILY HEADACHES

5 CHRONIC DAILY HEADACHE
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:

8 EASY REMEDIES THAT CAN HEAL YOUR HEADACHE FAST

TENSION-TYPE HEADACHE

- 1 Acetaminophen
- 2 Ibuprofen (Advil, Motrin, others)
- 3 Combination (Tylenol/Jetsin)

MIGRAINE HEADACHE

- 1 Prescription medications
- 2 Over-the-counter medications

CLUSTER HEADACHE

- 1 Prescription medications
- 2 Over-the-counter medications

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

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