



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, constricting band-like 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:

THE MOST COMMON 78% OF ALL HEADACHES

Tension-Type Headache is the most common type of headache, it is far accounting for 78% of headaches. However, 78% of people with tension-type headache get it by pressure of tight neck muscles. It means you have a tension-type headache. Of them, 80% 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

Did you know that:

94% OF PEOPLE WHO HAVE EPISODES OF HEADACHES HAVE MIGRAINE

80% of people who go to a doctor with the complaint of episodes of headache actually have migraine.

80% of those with migraine are actually diagnosed as having migraine.

Many have had you may believe you have to be diagnosed as having migraine, but only 10% of people with migraine get such.

In a month, the average migraineur (person) has 3-6 pain-free days.

Tension can trigger a migraine.

The World Health Organization notes that migraine is an episodic disorder, with all kinds of people being affected by it.

12% OF PEOPLE WITH RECURRING HEADACHES HAVE MIGRAINE

Did you know that:

"Sinus headache" is a widely accepted clinical concept, although many specialists consider it a misnomer.

Although 10% 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.

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:

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% 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 headache.

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

Did you know that:

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

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 presence of medication have caused them to be chronic.

TREATMENTS FOR HEADACHES

TREATMENTS INCLUDE:

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

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