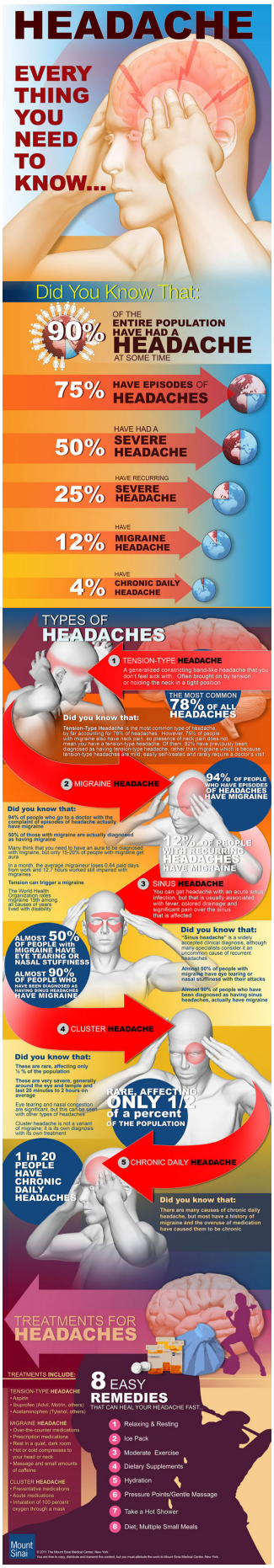
From Headaches to Migraines

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
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, 62% 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 as among the 20 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.
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
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
4 CLUSTER HEADACHE
Did you know that:
These are rare, affecting only ½ % 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
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