

How to treat your headache effectively



Headaches are common and nearly everyone suffers from them occasionally. Diagnosing and treating headaches correctly can improve your quality of life.

What headache do you have?

1. *Tension headaches.*

These are the most common headaches, which are normally caused by stress. They cause a constant ache or pressure around the head and neck area, which can last for days.

Treatment:

- Painkillers, muscle relaxants, and anti-inflammatories.
- Manage your stress levels.

2. *Cluster headaches.*

These headaches are normally brief, but extremely painful, and usually occur on one side of the face, around one eye, causing tearing, redness, or drooping. They may strike several times a day, or every day in a specific season.

Treatment:

- Avoid alcohol and strong scents.
- Prescribed oxygen usually works within 15 to 20 minutes.

3. *Sinus headaches.*

About 80% of people who think they have a sinus headache actually have a migraine or a tension headache. These uncommon headaches are caused by blocked sinuses. Accompanying symptoms may include hay fever, thick nasal discharge, and pain over the upper teeth.

Treatment:

- Nasal decongestants.
- Antihistamines.
- In some cases, antibiotics may be helpful.

4. *Rebound headaches.*

Many people overuse painkillers, which can cause rebound headaches due to withdrawal reactions, causing more headaches. You may experience headaches daily, which prompts you to use more painkillers.

Treatment:

- Stop taking painkillers completely.
- Always follow dosage instructions when using painkillers.

5. *Migraines.*

Headaches that you experience daily are unlikely to be migraines as they occur less frequently. Migraines may cause severe, throbbing pain. Telltale signs may include nausea, vomiting, and sensitivity to light and sound. Headaches may be moderate to severe and are likely to interfere with your daily routine.

Treatment:

- Painkillers or migraine medication.
- Stress management.
- Avoid triggers including food and smells.

Speak to your doctor for further advice.