

Headaches

Headaches are among the most common health complaints and can sometimes indicate a health problem, but that's only in rare cases.

Types of Headaches:

There are many types of headaches but there are three common types:

- **Tension headache:**
 - Affects both genders
 - Gradually leads to pain, strain or pressure in the neck, forehead or scalp.
- **Migraine:**
 - Causes moderate or severe pain, often in the form of a pulse.
 - It affects three times as many females as males.
 - It may begin in adolescence and sometimes after the age of forty.
 - It may be preceded by a change in vision or painful tingling on one side of the face or body.
 - Often associated with nausea and sensitivity to light and noise.
- **Cluster headache:**
 - It causes constant and irritating pain in and around one eye and occurs sequentially at the same time from day or night.
 - It causes redness of the eyes and colds on one side of the face.
 - This headache sometimes occurs regularly and is associated with light or seasonal changes.
 - Men, especially smokers, are often affected.
 - It usually lasts between 15 minutes to 3 hours.

Treatment:

Often painkillers are used as they provide effective results. If the pain did not stop for more than two days, the patient must consult a doctor for tests, as this headache may be a symptom of a particular disease, especially if the headache was accompanied by:

- Fever.
- Stiffness in the neck.
- Convulsion
- Difficulty breathing.

Headache triggers:

To avoid headaches, you should stay away from certain triggers, which differ among people:

- Smoking.
- Hypertension.
- Stress and fatigue.
- Change in sleep patterns and meal times.
- Hormonal changes in women during the menstrual cycle or after menopause.
- Strong lighting.
- Some concentrated scents.
- Closed, poorly ventilated places.
- Noise.

Note: Some medications may cause headaches as a side effect, such as: Contraceptive pills.

Clinical Health Education Department

For further questions kindly contact us via email:

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