

## Getting The Upper Hand On Headaches

Headaches are one of the world's most common sources of pain. Almost everyone, at some point in their lives, has dealt with the annoying and sometimes agonizing pain of these nuisance monsters.

The types of headaches are varied – tension, migraine and cluster are the most common – as are their triggers. There are multiple scenarios that can cause headaches and each is as unique as the individual that they are attacking. Known triggers include stress, dehydration, seasonal allergies and chocolate, to name just a few.

As if just tolerating the pain (and not eating chocolate) was not bad enough, headaches are one of the leading reasons as to why people call in sick to work. And missing work means that projects fall further behind, resulting in more stress (and want for chocolate) – and potentially, more headaches.

There are many different kinds of headache remedies, and just as the causes are unique, so are the cures. Medicine and rest can alleviate most episodes, but if you suffer from recurring headaches, talk about it with your family doctor. A physician that's familiar with your health history may be able to suggest simple lifestyle changes that will get you back to a headache-free routine – and back to work!



## Homework for Headache Prevention

**Many headaches can be avoided with simple common sense... and a pad and pencil.**

- To determine headache triggers, it may help to keep a diary. Note their onset as well as such details as what you ate and what you did before the headache started, and share the data with your doctor.
- Don't "double up" on triggers (i.e., eating chocolate while stressed).
- Sticking to a routine, such as going to bed at a set time, can reduce migraines.
- Exercise to reduce tension.
- On hot days, limit your exposure to the sun.
- Get plenty of rest.
- Take medications as directed.
- Seek medical attention if you have a headache after bumping your head.

SOURCES: National Institute of Neurological Disorders and Stroke, WebMD