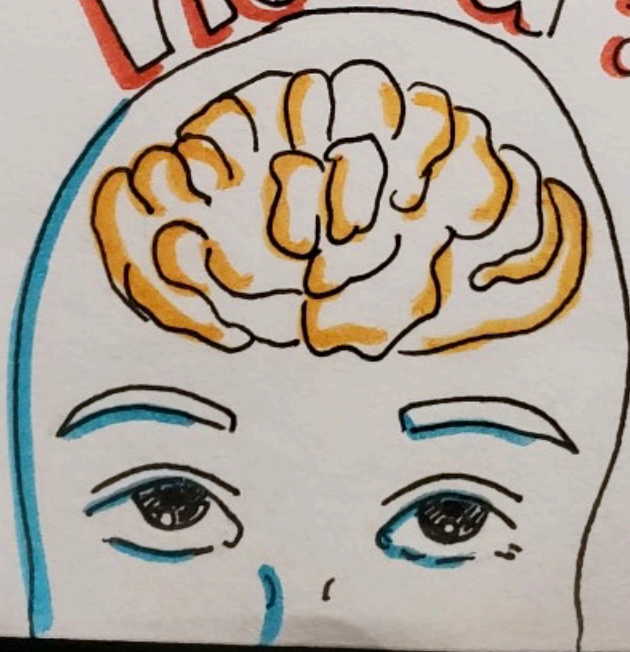


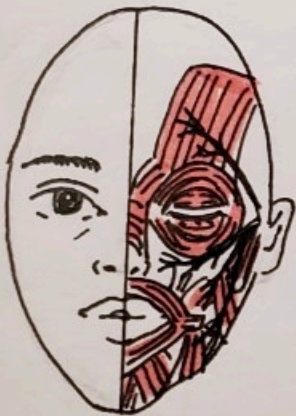
DON'T WORRY,

it's all
in your
head!



an
intro
to
head-
aches!

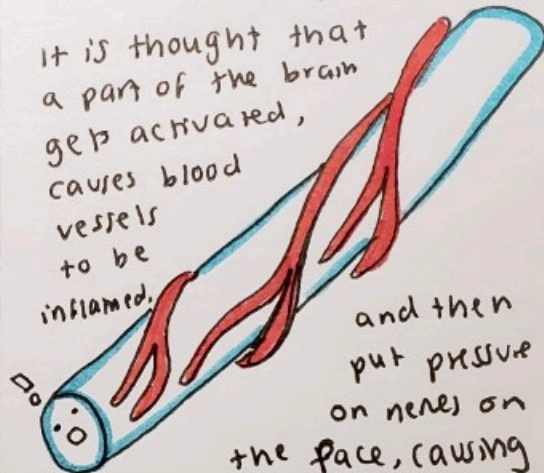
THIS IS YOUR FACE!



see how
it has
blood
vessels and
nerves
and
muscles?

there is debate over which
components cause headaches.

it is thought that
a part of the brain
get activated,
causes blood
vessels
to be
inflamed.



and then
put pressure
on nerves on
the face, causing
pain.

you could get a headache
from dehydration, concussion,
stroke, exercise, and even
ice cream !!

There are primary headaches, which means there is no underlying condition. These include tension headaches, migraines, and cluster headaches. Secondary headaches are caused by an underlying condition.

around one eye

like a band around the head

intense pulsing and throbbing



cluster



tension



migraine

Let's focus on

MIGRAINES!

They can occur one to four times a month, and can last from 4 hours to 3 days!

Common symptoms:

- sensitivity to light, noise, or smells
- nausea or vomiting
- loss of appetite
- upset stomach or belly pain

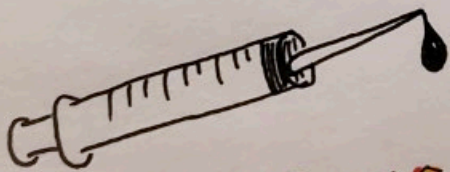
you can have a migraine with aura, which means you have neurological symptoms prior to a migraine attack, like seeing a bright spot in an attack.



Treatments

- treating attacks when you get them with NSAIDs like advil, aleve, etc.
- treating by preventing!

There is a risk of medication overuse headaches in those with chronic headaches, so some people are treated with.....

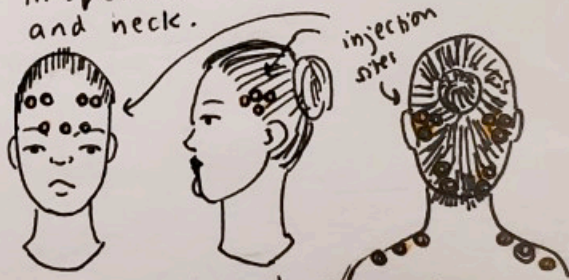


BOTOX

i know.

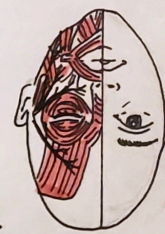
Botox is a form of botulinum toxin, a neurotoxin produced by the bacteria that causes botulism.

It is injected in small doses in specific areas in the head and neck.



It is thought that the toxin prevents the release of neurotransmitters from pre-synaptic nerve endings so that muscle contraction is prevented. This relaxes the muscles in the face, head, and neck.

there is debate over which components cause headaches.

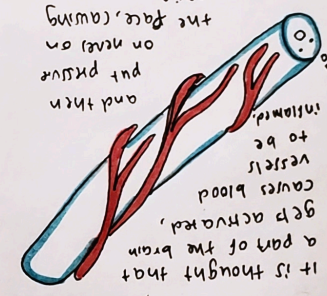


see how it has blood vessel and nerves and muscles?

THIS IS YOUR FACE!

you could get a headache from dehydration, concussion, stroke, exercise, and even ice cream!!

it is thought that a part of the brain gets activated, causes blood vessels to be inflamed. and then put pressure on nerves on the face, causing pain.



There are primary headaches, which means there is no underlying condition. These include tension headaches, migraines, and cluster headaches. Secondary headaches are caused by an underlying condition.

like a intense band around the head and throbbing

around one eye

cluster

tension

migraine



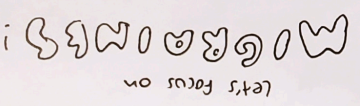
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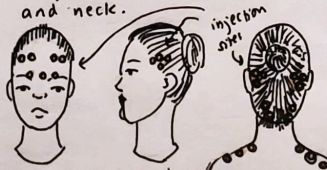
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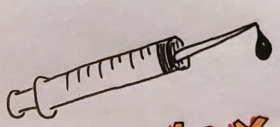


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