DON'T WORRY,
it's all in your head!
an intro to headaches!
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.

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**

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.
Migraines

Let's focus on understanding migraines. Migraines are a type of headache that affects millions of people worldwide. They can be debilitating and significantly impact quality of life.

Treatments

1. Treating Acute: When you get it, treat it with a combination of medications. Over-the-counter pain relievers, such as ibuprofen, naproxen, and acetaminophen, can help ease the pain.

2. Treating by Preventing: Preventing migraines can be achieved through lifestyle changes and medications. Lifestyle changes include maintaining a regular sleep schedule, reducing stress, and avoiding triggers such as bright lights, caffeine, and dietary sensitivities.

Botox

Botox is a form of botulinum toxin, a neurotoxin produced by the bacteria that cause botulism. It acts as a muscle relaxant and reduces the frequency of migraines. It is injected into specific areas of the head and neck. Botox may be a good option for people who experience severe migraines and have not responded well to other treatments.

It's all in your head!

An introduction to headaches. What causes headaches? Muscle tension, dehydration, and not getting enough sleep can all contribute to headaches. Understanding the different types of headaches and their triggers is the first step in finding effective management strategies.

Don't worry!