



# 8 Types of Headaches

These are some of the most common types of headaches, along with their location, causes and treatments.



## MIGRAINE

### ***Causes***

The exact cause of migraines isn't known, but family history plays a part. Common triggers are dehydration, stress, poor sleep, missing meals, drinking alcohol, certain foods or odors.

### ***Treatments***

OTC and/or Rx pain meds, anti-nausea meds and prescription medication such as CGRP inhibitors.



## SINUS

### ***Causes***

Due to inflammation related to infection in the sinuses. Drainage can reduce inflammation.

### ***Treatments***

Antibiotics, decongestants, OTC pain medication and possibly surgery.



## HYPERTENSION

### ***Causes***

Very high blood pressure.

### ***Treatments***

Rx blood pressure meds, diet changes, decreased sodium intake and exercise.



## CLUSTER

### ***Causes***

It's not known exactly what causes cluster headaches.

### ***Treatments***

Inhaled oxygen and various prescription medications.



## TENSION

### ***Causes***

It's not known exactly what causes tension headaches. Common triggers are dehydration, stress, poor sleep, missing meals and drinking alcohol.

### ***Treatments***

A doctor may recommend OTC pain relievers, Rx pain relievers or muscle relaxants, therapy and hydration.



## HORMONE

### ***Causes***

Changes in levels of estrogen and progesterone with monthly cycles.

### ***Treatments***

Treatment options include OTC, Rx medications or birth control pills.



## CAFFEINE WITHDRAWAL

### ***Causes***

Consuming a large amount of caffeine on a daily basis and then stopping abruptly.

### ***Treatments***

Rest, hydration and avoiding large amounts of caffeine.



## EYE STRAIN

### ***Causes***

Extended periods of near work and/or uncorrected vision issues.

### ***Treatments***

Vision breaks and following 20-20-20 Rule. Also, see an eye doctor for an eye exam and vision correction.

# Headaches Their Causes Their Cure

**Joacim Rocklöv**



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