

# HEADACHE

Headaches develop for many reasons:

- Tension.
- Depression.
- Migraines or cluster headaches.
- Hunger, fatigue, lack of sleep, tobacco smoke, carbon monoxide poisoning, food allergies, alcoholic beverages, MSG, and nitrates can cause headaches.
- More serious causes of headaches are: subdural hematoma, brain abscess, encephalitis, sinus infection, and high blood pressure.

## **Signs and Symptoms**

The following signs and symptoms may indicate a more serious condition. Contact your physician or go to the emergency room immediately if you experience:

1. Confusion or forgetfulness.
2. Restlessness, weakness, and numbness.
3. Inability to awaken or arouse.
4. Persistent nausea and vomiting.
5. Persistent or worsening severe headache for more than 48 hours.
6. Blurred or double vision.
7. Inability to move arms or legs equally well on both sides of the body.
8. Unequal pupil size.
9. Convulsions or seizures.
10. Temperature higher than 100 degrees.

## **Recommended Treatment**

1. Rest.
2. Take Tylenol for mild headache relief.
3. Avoid alcohol or sedatives.
4. Darken the room if the light bothers you.
5. If nausea or vomiting, keep diet light.
6. Avoid stimulation.
7. Ice to the back of your neck.

Contact your physician if you have any questions or problems.