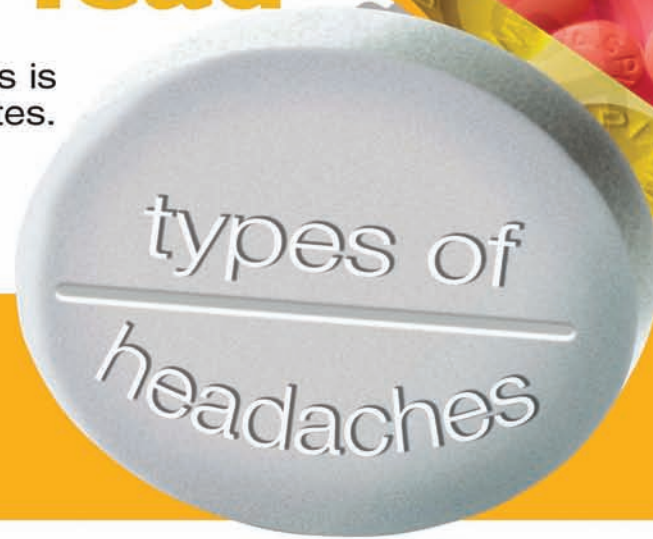





My Aching Head

- The cost of lost work due to migraine headaches is more than \$13 billion per year in the United States.
- More than \$1 billion dollars spent on over-the-counter medications is attributed to headache relief

Headaches are usually caused by changes that take place in muscles and blood vessels in the head, neck and shoulders.

The three most common types of headaches are:



	Tension Headache (The most common headache)	Migraine Headache	Cluster Headache
Pain Description	Dull pressure or tightness	Moderate to severe throbbing	Sharp, boring, severe pain developing rapidly over minutes
Location	 Both sides of the head and sometimes the neck	 60% on one side, 40% on both sides	 One sided, usually around or behind the eye
Duration	30 minutes to a full week	Four to 72 hours	45 to 90 minutes
Frequency	Infrequent to daily	Recurrent with widely variable frequency	One or more daily during clusters
Other Common Symptoms	Fatigue, sensation of rigid band circling and pressing on the head	Nausea, vomiting, light, sound and smell sensitivity, increasing pain with routine physical activities	Nasal congestion, running nostril, tearing on one side, redness of eye, a feeling of agitation

Occasional headaches are common.
But it's important to take
headaches seriously.

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SOURCES: www.americanheadachesociety.org
www.mayoclinic.com/health/headache/types/H1E0014