

# TYPES OF HEADACHES



## TENSION-TYPE HEADACHE

Tension headache is a common cause of head pain. It feels like a tight band around the head or a heavy crown, and is not pulsating or throbbing like other headaches. It may also cause neck and shoulder pain. Muscle tension, vitamin deficiency, and genetics can cause tension headaches.



## SINUS HEADACHE

A sinus headache may also cause pain at the sides and on top of the head. This symptom is caused by an infection that inflames the sinuses, making it a secondary headache. Head pain may be resolved once the inflammation has subsided.



## MIGRAINE

A severe headache is one of the symptoms of a migraine. While it usually presents as pain on one side of the head, patients may also experience this headache, throbbing from the top of the head. A migraine headache may also reach down toward the neck.



## OCCIPITAL NEURALGIA

Occipital neuralgia causes secondary headaches involving pain at the top of the head. The sensation is similar to having a tight band wrapped around your head with sudden jolts of pain or tingling feeling. Patients experience this due to the nerves from the spine to the head getting irritated.



## CLUSTER HEADACHE

Cluster headache is a condition involving severe headache at one side of the head behind an eye, radiating to the top of the head as it worsens. This pain usually happens in a pattern, either daily or weekly. Patients feel it at its peak after 5 to 10 minutes and can last for up to 3 hours.



## HYPERTENSION HEADACHE

Another condition that may result in secondary headaches at the top of the head is hypertension. Intensively high blood pressure builds up strain on the blood vessels at the cranium.



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# The Headache

**Jan Mundo, CMSC, CMT**



## **The Headache:**

**The Headache** Tom Zeller Jr., 2025-07-15 Required reading for anyone with a head Mary Roach New York Times bestselling author of *Stiff* and *Fuzz* *The Headache* weaves together history biology a survey of current research testimony from patients and an agonizing account of Zeller's own suffering If there's a lesson here it's that pain resists mastery but understanding however incomplete can offer its own form of relief New Yorker From blinding migraines to severe headache disorders known as clusters chronic head pain affects 40% of the population many of them suffering in silence Finally *The Headache* reveals the science behind a group of disorders that is as much a curse as a cultural punchline and leads to key insights into the nature of pain itself Guided by his own decades long struggle with cluster headaches veteran science journalist Tom Zeller Jr's journey into headache science is at once intimate and panoramic He visits cutting edge clinics interviews dozens of doctors neurologists and fellow headache patients participates in clinical trials for multi million dollar new medicines and even experiments with psilocybin in search of relief Along the way Zeller traces the longer arc of mystery around headaches from prehistoric skull surgery to Virginia Woolf's assertion that in the throes of a migraine language runs dry to reveal how headaches became one of the most under researched afflictions in medicine and how that is slowly starting to change With warmth wit and infectious curiosity Zeller's search for the origins of his own headaches becomes a journey into the inner workings of the human nervous system and an invaluable witness to one of the most maligned conditions known to medicine

**The Headache Handbook** Gary W. Jay, 1998-08-25 *The Headache Handbook* Diagnosis and Treatment helps both generalist and specialist clinicians including family practitioners chiropractors and neurologists to understand headache possibly the most ubiquitous symptom in medicine This comprehensive work covers the myriad of differences among headache patients and the need for accurate fact gathering and physical and neurological examinations Topics include anatomy and physiology of headache evaluation and treatment of various headache types interventional procedures and manual medicine consultations

**The Headache Godfather** Seymour Diamond, Charlie Morey, 2015-01-06 Learn the story of a man who lived the American dream and improved the quality of life for thousands of headache sufferers *The Headache Godfather* traces the life of Seymour Diamond MD who was born in 1925 the son of Jewish immigrants from Ukraine and Slovakia in Chicago Illinois Dr Diamond revolutionized the practice of headache as a medical specialty when he opened the United States first private headache practice the Diamond Headache Clinic in 1974 It quickly became a headache haven for sufferers from around the world He also established a nonprofit organization the National Headache Foundation to support research for headache relief and to spread the knowledge among doctors and headache sufferers alike At eighty nine years of age Dr Diamond looks back on his battles with the Food and Drug Administration over headache treatments the political skirmishes with those who would block his will to succeed his globe trotting adventures to learn and share current headache knowledge the hundreds of thankful patients who claim that his headache treatment saved their lives a frightening

and painful malpractice lawsuit and even a relationship with a Chicago Mafia member whose family Dr Diamond treated early in his medical career and who was ultimately found in the trunk of a stolen automobile shot to death Seymour Diamond is a living example of an individual who succeeded at living the American dream Working several jobs while attending college and medical school applying his intelligence energy and imagination to the world of headache medicine and providing for his wife Elaine and their family of three daughters while building an empire of headache health Seymour Diamond is indeed the Headache Godfather Skyhorse Publishing along with our Arcade Good Books Sports Publishing and Yucca imprints is proud to publish a broad range of biographies autobiographies and memoirs Our list includes biographies on well known historical figures like Benjamin Franklin Nelson Mandela and Alexander Graham Bell as well as villains from history such as Heinrich Himmler John Wayne Gacy and O J Simpson We have also published survivor stories of World War II memoirs about overcoming adversity first hand tales of adventure and much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

**The Headache Healer's Handbook** Jan Mundo, CMSC, CMT, 2018-04-25 Jan Mundo's mind body program teaches headache and migraine sufferers how to relieve and prevent their symptoms naturally without drugs and their side effects Here she shares her powerful personalized comprehensive program for the first time In step by step instructions she helps readers discover and prevent the triggers that perpetuate their headaches and stop their pain on the spot with her unique hands on therapy In a caring and compassionate voice she makes her techniques accessible to both occasional headache sufferers and those who have long felt misunderstood and misdiagnosed Brimming with inspirational narratives questionnaires guidelines tracking tools and author illustrated instructions *The Headache Healer's Handbook* answers the headache sufferer's plea for help and offers hope for a headache free future

**Breaking the Headache Cycle** Ian Livingstone, Donna Novak, 2003 Two headache specialists present an innovative Headache Reduction Program which includes breathing exercises and dietary changes designed to treat and prevent recurring headaches

*The Headache* Tom Zeller Jr., 2025-07-16 Required reading for anyone with a head Mary Roach New York Times bestselling author of *Stiff* and *Fuzz* For the many millions of headache sufferers a deeply reported sometimes harrowing and frequently humorous journey into the author's own excruciating headaches and the science behind these surprisingly mysterious disorders that may finally offer relief Virtually everyone has experienced a headache a nuisance arising from occasional stress or as payback for last night's overindulgence But for hundreds of millions of people there are headaches and then there are headaches From blinding migraines to severe headaches known as clusters chronic head pain can upend entire seasons of life And perhaps owing to the ordinariness of the very word headache these disorders are frequently trivialized In *The Headache* veteran science journalist Tom Zeller Jr takes readers on an odyssey both intimate and panoramic through his own decades long struggle with cluster headaches and across the scientific landscape of a group of

disorders that are to the chagrin of sufferers as much a curse as a cultural punchline He visits cutting edge clinics interviews dozens of doctors neurologists and fellow headache patients participates in clinical trials for multi million dollar new medicines and even experiments with psilocybin in search of relief Along the way Zeller traces the longer arc of mystery around headaches from prehistoric skull surgery to Virginia Woolf s assertion that in the throes of a migraine language runs dry to reveal how headaches became one of the most under researched afflictions in medicine and how that is slowly starting to change With warmth wit and infectious curiosity Zeller s search for the origins of his own headaches becomes a journey into the inner workings of the human nervous system and an illuminating look at the nature of pain itself **Handbook of**

**Headache** Randolph W. Evans, Ninan T. Mathew, 2005 Thoroughly updated for its Second Edition this handbook is a practical easily accessible guide to the diagnosis and management of headache patients Geared to both primary care physicians and neurologists the book presents a systematic approach to diagnosis and offers expert recommendations for treating all types of headaches including migraine chronic daily headache tension and cluster headaches post traumatic headaches headache during pregnancy headache in children headaches with onset after age 50 and headaches caused by HEENT disorders This edition includes new drug treatments such as topiramate almotriptan frovatriptan eletriptan botulinum toxin and tizanidine Also included are 42 case studies patient education materials alternative treatments and a medicolegal section **The Headache Prevention Cookbook** David R. Marks, Laura Marks, 2000 Compiles recipes for appetizers main dishes and desserts that eliminate or limit such ingredients as whole milk beans and chocolate known to trigger headaches

**Advanced Therapy of Headache** R. Allan Purdy, 2005 Case based compendium of advice for physicians with some background of headache Headaches are addressed as case studies with each chapter written by different authors Halftone illustrations Includes selected readings and editorial comments CD ROM includes the Seminars in Headache Management and Conquering Headache *Headache in Children and Adolescents* Paul Winner, A. David Rothner, 2001 Bringing together the top names in the field this sharply clinical yet user friendly work aims to educate pediatricians family practitioners and other health care providers about the special issues pertaining to the management of headache in children and adolescents This is an exciting area with new indications for adolescents of drugs heretofore approved only for adults *Headache in Otolaryngology: Rhinogenic and Beyond, An Issue of Otolaryngologic Clinics of North America* Howard Levine, 2014-04-28 Patients present to physicians with headache or facial pain and are certain that it is a sinus headache Specialists of all types otolaryngologists allergists neurologists internists and emergency physicians are confronted almost daily with these patients Headache in Otolaryngology Rhinogenic and Beyond describes headaches ascribed to other causes migraine as well as headaches that actually are a result of sinusitis This volume addresses the need for expertise of an otolaryngologist who can obtain a history of nasal and sinus disease evaluate the interior of the nose and correlate it to a computed tomographic CT scan along with collaboration of neurologists headache specialists Because headaches are often a symptom of potentially

dangerous medical conditions that may need emergency work up and referral to the appropriate physician information in this volume identifies these emergency conditions for the clinician Topics include Confusion about sinus headache Diagnosing Adult and Pediatric Headache Imaging for the headache patient TMJ head pain Signs of dangerous headache Vertiginous headache Rhinogenic headache Medical treatment of headache and Surgery for headache     **Healing Headaches** Jim Bartley,2011-11-01 Easy to read advice for the lay person on treating common headache and facial pain conditions such as migraine and tension headache Written by eminent surgeon Jim Bartley who became interested in facial pain when he realised that many of the patients that he was seeing with sinusitis were actually suffering from tension headache Healing severe headaches often requires a multi facted approach this book includes advice on sleep relaxation nutrition and pain management It includes explanations of the processing of pain emotions and pain migraine tension headache the breathing connection the dental department the neck post traumatic headache and sinusitis pain It also discusses treatments breathing sleep exercise diet food triggers including gluten and allergies herbs and supplements posture massage medication using the mind complementary therapies and evolving therapies The World Health Organisation listed migraine as one of the top four disabling medical conditions with levels of pain distress and disability comparable to heart disease cancer or low back pain

Headache in Clinical Practice Stephen D. Silberstein,2018-05-08 The authors of the first edition worked together again to revise data for the second edition of this popular volume Based at three of the world s leading centers for the study and treatment of headache these experts share their insights on every aspect of this common and irritating condition In particular the sections on migraine cluster headache and vascular disease have been updated Based on the classification system developed by the International Headache Society Headache in Clinical Practice provides those interested in headache with an up to date compendium of current opinion from epidemiology pathophysiology and investigation through options for intervention and management     **Oxford Textbook of Headache Syndromes** Michel Ferrari,Andrew Charles,Joost

Haan,David Dodick,Fumihiko Sakai,2020 Headache syndromes rank amongst the most common presenting symptoms in general practice and neurology affecting up to 15% of the adult population Part of the Oxford Textbooks in Clinical Neurology series the Oxford Textbook of Headache Syndromes provides clinicians with a definitive resource for diagnosing and managing patients with primary and secondary forms of headaches either as isolated complaints or as part of a more complex syndrome Split into 7 key sections with 59 chapters this comprehensive work discusses the scientific basis and practical management of headache syndromes in a logical format Each chapter is written by international experts in neurology who share their research and extensive experience by providing a wealth of practical advice for use in clinical situations In addition all content is up to date and chapters incorporate discussions on the latest International Classification of Headache Disorders 3rd edition when relevant     **Diagnosis in Chinese Medicine - E-Book** Giovanni

Maciocia,2018-03-22 Written by world renowned author and teacher Giovanni Maciocia Diagnosis in Chinese Medicine 2nd

Edition is a comprehensive highly illustrated and easy to understand resource With a focus on clear interpretations of real world signs and symptoms this new edition addresses the practice beyond the theory and leads you through both basic and sophisticated levels of diagnostic interpretation Since Chinese medicine diagnosis relies on a subtle appraisal of a patient s disharmony many factors beyond traditional Western symptoms are considered including a patient s voice the absence of thirst feeling hot or cold the patient s smell tone of voice and glitter of eyes This practical resource helps students and practitioners alike carefully interpret a wide range of diagnostic nuances One of a kind text gives you a clinical understanding of Traditional Chinese Medicine Rich unique content offers an unparalleled depth of information that is meticulously cross referenced Includes all the signs and symptoms that a modern patient may present in the clinic no matter how subtle Outlines the decision making options in key situations to help you through the most challenging topics Case histories with diagnoses present common conditions that professionals will often find in practice Logically organized to help you quickly find the information you need in clinical situations Written by a leader in the field of Chinese medicine provides you with an expert s clinical experience and understanding NEW Clinical and Treatments notes provide practical information on acupuncture including herbal treatment when appropriate for most symptoms and signs giving the book a clinical application in therapy NEW UPDATED full color design and color photographs depict external clinical signs for more accurate clinical recognition NEW Learning outcomes summarize the basics that you should know after completing a chapter NEW Thoroughly updated content from an expert author clarifies the best practices for diagnosis in Traditional Chinese Medicine

*IAP Textbook of Pediatrics* A Parthasarathy,2016-04-30 IAP Textbook of Pediatrics is the latest edition of this extensive textbook which highlights the substantial advances in preventive and therapeutic care in paediatrics since the last edition This edition has been thoroughly revised and reorganised into a single volume enhanced by nearly 1200 full colour images and illustrations which allow for quick and easy reference New content and topics in this edition include new IAP growth charts human milk banking and survival of childhood cancer

**Blueprints Neurology** ,2009-01-01 Blueprints Neurology provides students with a complete review of the key topics and concepts perfect for clerkship rotations and the USMLE This edition has been completely updated including new diagnostic and treatment information throughout while maintaining its succinct organized and concise style 100 board format questions and answers with complete correct and incorrect answer explanations appear at the end of the book

Pharmacological Management of Headaches Dimos D. Mitsikostas,Koen Paemeleire,2015-08-26 In this book headache experts summarize all the currently available therapies for primary headaches and most importantly describe the tricks that can ensure the success of headache pharmacotherapy Prevention and acute treatment of migraine and cluster headache receive particular attention and individual chapters are devoted to the treatment of primary headaches in special groups i e children pregnant women and the elderly Further chapters focus on selected secondary headache disorders and cranial neuralgias for which pharmacotherapy is available The

book is designed to meet the daily practice needs of general physicians general neurologists neurologists in training and medical students Headache remains a leading reason for people to seek medical consultation and migraine and other primary headache disorders are classified by the WHO as among the most disabling medical conditions in the general population often affecting individuals during their most productive years Unfortunately under treatment and mismanagement are the fate of many headache patients and this book provides a sound basis for optimizing treatment     *Complications of Temporomandibular Joint Surgery* Gary F. Bouloux, 2017-05-15 This book provides detailed guidance on the recognition and treatment of the complications most frequently encountered in patients who undergo temporomandibular joint surgery Evidence based guidelines are referred to whenever possible and when such guidelines are lacking the preferred current approaches to diagnosis and management are described In addition the pathophysiology of each complication is discussed and advice offered on how to ensure that the correct surgical procedure is chosen for the individual patient thereby minimizing the risk of complications Illustrative cases are included to further highlight key points The authors are experienced surgeons and pioneers in the field of temporomandibular joint surgery *Complications of Temporomandibular Joint Surgery* will be of value for all who work in this technically very challenging field and regularly have to deal with the issues posed by a difficult patient population and the risk of suboptimal outcomes     **Child and Adolescent Neurology for Psychiatrists** Audrey M. Walker, Cynthia R. Pfeffer, David Myland Kaufman, Gail E. Solomon, 2008 Completely revised for its Second Edition this text is geared to residents and fellows training in child and adolescent psychiatry and those preparing for board examinations in both general and child psychiatry The book covers common neurologic disorders seen in the pediatric population their presentation including psychiatric symptoms and their workup diagnosis and treatment Coverage includes psychiatric comorbidities in pediatric neurologic disorders and psychiatric side effects of medications used to treat pediatric neurologic disorders Case presentations demonstrate the diagnostic approach to patients in pediatric neurology and on the interface of pediatric neurology and psychiatry Practice questions offer excellent review for board certification and recertification examinations A glossary is also included



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