



Many things cause headaches:

1. Stress and tension (nerves).
2. Lack of sleep.
3. Some foods and alcohol.
4. Depression.
5. Weather changes such as rain or snow.

Ways to avoid headaches:

1. Reduce stress. Relax.
2. Get plenty of sleep.
3. Exercise.
4. Eat a healthy diet.

National Consumers League
1701 K Street, N.W., Suite 1200
Washington, D.C., 20006
202-835-3323

Taking Care of Headaches



Many people get headaches. Tension and Migraine headaches are the most common. Other types are cluster and sinus headaches. Sinus headaches are very rare.



Tension headaches are from stress and nerves. They cause a dull pain on both sides of your head. It feels like a tight band around your head. The pain is usually mild to moderate.



Migraine headaches are more painful. They throb or pound in your head. They start on one side of the head. They may make you sick to your stomach. Light and noise may bother you or make the pain worse.



Cluster headaches come in groups or “clusters.” There is a sharp or burning pain behind or near the eyes. Cluster headaches come and go during the day.

How to treat a headache:

1. Relax. Lie down in a dark, quiet room.
2. Exercise.
3. Place a cold or warm cloth on your head where it hurts.
4. Take an Over-The-Counter pain medicine. Aspirin, Acetaminophen, and Ibuprofen are the ingredients in some pain medicines.

Warning — See a Doctor if:

1. Headaches do not go away or they get worse.
2. You have blurry vision or speech.
3. The headache makes you sick to your stomach.
4. The headache makes you dizzy.
5. You get a stiff neck from the headache.
6. You get more than 3 headaches a week.

Always Remember:

1. Read the label or talk to a pharmacist before taking any medicines.
2. Follow the directions on the label.
3. Do not take more medicine than the label tells you.
4. See a doctor if you are pregnant or nursing a baby.
5. Ask a pharmacist about taking pain medicines if you are allergic to the ingredients in any pain medicine.
6. Ask a pharmacist or doctor about taking pain medications if you have asthma or stomach ulcers.