

Chronic Headache Relief



Dr. Ted Suzelis, ND
755 Boardman-Canfield Rd, Suite D3
Boardman, OH 44512
www.OhioND.com * 330-729-1350

Types of Chronic Headaches

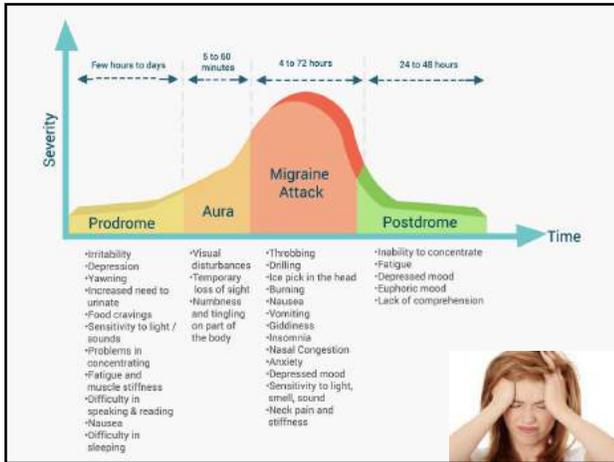
- Migraines, including menstrual migraines
- Tension headache
- Cluster headache
- Sinus headache
- Rebound headache



Migraine Headaches

- 37 million sufferers in US, 2-3 million chronic
- 3:1 women to men ratio
- Usually begin between 10-30 y.o. and most go in remission in 50's
- Genetic predisposition: up to 50%
- 1/3 migraine sufferers perceive an aura prior to headache.





Symptoms of a Migraine

- Prodrome: Few Hours to Days**
–Irritability, Depression, Yawning, Increased need to urinate, Food Cravings, Sensitivity to light/sounds, Problems in concentrating, Fatigue and muscle stiffness, Difficulty in speaking & reading, Nausea, Difficulty in sleeping
- Aura: 5-60 minutes**
–Visual disturbances, Temporary loss of sight, Numbness and tingling on part of the body



Symptoms of a Migraine (Cont.)

- Migraine Attack: 4-72 hours**
–Throbbing, Drilling, Ice pick in the head, Burning, Nausea, Vomiting, Giddiness, Insomnia, Nasal congestion, Anxiety, Depressed mood, Sensitivity to light, smell, sound, Neck pain and stiffness
- Postdrome: 24-48 hours**
–Inability to concentrate, Fatigue, Depressed mood, Euphoric mood, Lack of comprehension



Conventional Treatment

Stopping Migraine Pain:

- Triptans: rizatriptan (Maxalt), sumatriptan (Imitrex), and zolmitriptan (Zomig)
- Ergot alkaloids: dihydroergotamine (DHE)
- NSAIDS by nasal spray or shot: ketoprofen or ibuprofen
- OTC NSAIDS by mouth: Excedrin Migraine, etc.
- Cerebra Transcranial Magnetic Stimulator (TMS)



Conventional Treatments

Preventive Treatments:

- Antidepressants
- High Blood Pressure Medications
 - Beta Blockers
 - Calcium Channel Blockers
- Anti-seizure Medications



Naturopathic Approach

- Diet & Lifestyle
 - Allergies/Sensitivities
 - Reactive Hypoglycemia
 - Address sensitivity to specific compounds, like tyramines or sulfites
- Address Hormone Imbalances
- Nutrient Deficiencies
- Acupuncture
- Cervical Misalignment





Tension Headaches

- Also known as Tension-Type Headaches
- Between 30-80% of US adults will occasionally suffer tension headaches
- Chronic daily tension headaches occur in 3% of population
- 2:1 women to men ratio



Tension Headaches

Unlike migraines, tension headaches:

- Are rarely severe.
- Are *not* throbbing, but band-like and aching.
- Affect both sides of the head.
- Are *not* made worse by routine physical activity.
- Are *not* associated with light and sound sensitivity.
- Are *not* associated with nausea or vomiting (though there can be loss of appetite).



Tension Headaches

- Caused by stress and/or cervical misalignment
- Therapies that can help:
 - Stress Relief Therapies, including vitamin/herbal therapies, exercise (cardio, yoga), meditation, acupuncture
 - Physical Medicine Therapies: massage or chiropractic





Cluster Headache

- The exact prevalence of cluster headaches in the US is unknown but thought to be 0.4% in men and 0.08% in women.
- 2:1 ratio men to women



Cluster Headache

Characteristics of a cluster headache:

- Attacks of severe pain on one side of head, between the eye and temple, lasting 15-180 min. and occur from once every other day to 8 times a day.

- Also one or more of the following: eye redness/watering, sinus congestion/runny nose, forehead/face sweating, small pupils, drooping eye, and/or swelling of the eyelid.



Cluster Headache

There are 2 main forms:

- Episodic, in which at least 2 cluster phases lasting 7 days to 1 year are separated by a cluster-free interval of 1 month or longer

- Chronic, in which the clusters occur more than once a year without remission or the cluster-free interval is shorter than 1 month



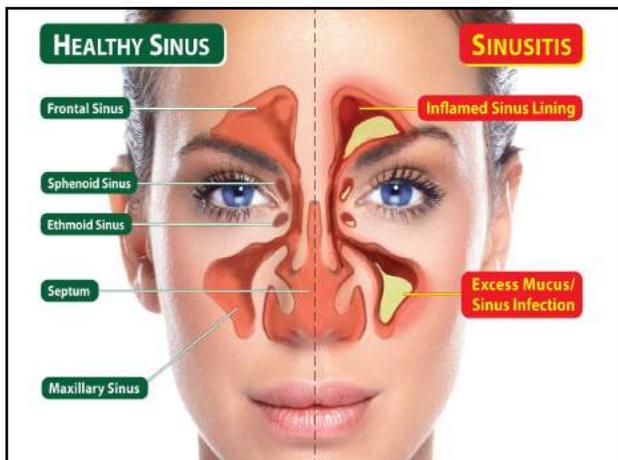
Cluster Headache

- Caused by histamine overload in the body

- Therapies that can help:

- Dietary modification and digestive support
- Vitamin and mineral therapies to reduce allergic reactions
- Histamine blocking medications, like Benedryl if needed to relieve headache





Sinus Headaches

- Usually caused by allergy/sensitivity reactions to foods or other environmental allergens, but can sometimes be caused by a bacterial or fungal infection of the sinus passages.
- Therapies that can help:
 - Dietary modification and digestive support
 - Herbal therapies to specifically reduce sinus pressure and mucus
 - Vitamin and mineral therapies to reduce allergic reactions



Rebound Headache

- Caused by overuse of medications to relieve migraine or other headaches.
- Can occur if taking medications, including Advil or Tylenol a few times a week
- Therapies that can help
 - Take care of the underlying cause of the headache that you were originally taking the medication for and slowly wean off of the medication





Dr. Ted Suzelis, ND
Naturopathic Doctor

755 Boardman-Canfield Rd., Suite D3
Boardman, OH 44512

330-729-1350

www.OhioND.com
