


Chronic Headache Relief



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Types of Chronic Headaches

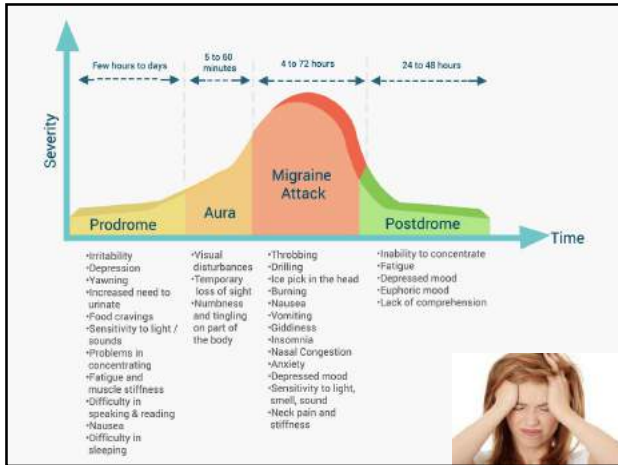
- Migraines, including menstrual migraines
- Tension headache
- Cluster headache
- Sinus headache
- Rebound headache



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



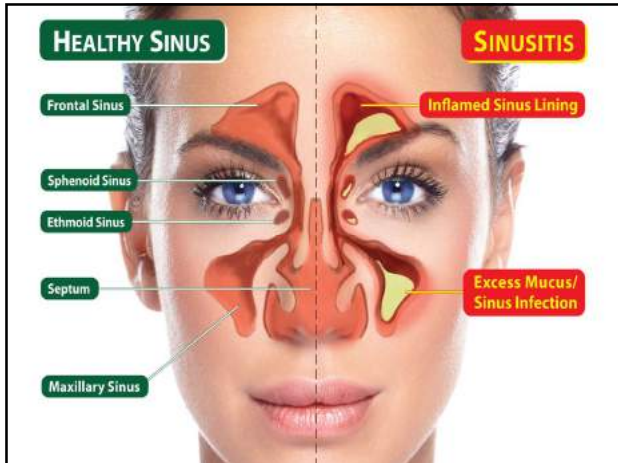
Cluster Headache

- 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





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