

# 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.



# Help For Headaches

**ML Yell**



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