

HEADACHE TYPES



HEADACHE CATEGORIES	LOCATION	SEVERITY & ASSOCIATED FEATURES	FREQUENCY & DURATION	SPECIAL NOTES
 Migraine Without Aura (Common Migraine)	<ul style="list-style-type: none"> - Usually one side of the head - Can be bi-frontal (2-sided) (forehead) 	<ul style="list-style-type: none"> - Moderate to severe throbbing pain - Commonly associated with intolerance to light and sound, nausea and sometimes vomiting 	<ul style="list-style-type: none"> - Typically last from 4 to 72 hours in length - Frequency is variable 	<ul style="list-style-type: none"> - 75% of sufferers are typically women - Typically of those 75%-around 15% have an aura (see Migraine with Aura) - Most common type of migraine
 Migraine With Aura (Classic Migraine)	<ul style="list-style-type: none"> - Usually one side of the head - Can be bi-frontal (2-sided) (forehead) 	<ul style="list-style-type: none"> - Moderate to severe throbbing pain - Commonly associated with intolerance to light and sound, nausea and sometimes vomiting 	<ul style="list-style-type: none"> - Aura starts 5 to 20 minutes before migraine 	<ul style="list-style-type: none"> - Aura that precedes headache usually consists of black visual spots (flickering), zig-zag lines, or tingling sensations before migraine
 Tension-Type Headache	<ul style="list-style-type: none"> - Commonly found on both sides of the head although location varies 	<ul style="list-style-type: none"> - Pressure-like, squeezing pain - Mild to moderate severity - Pain is <u>not</u> worsened by activity - A 'featureless' headache (no vomiting, no intolerance to light/sound) 	<ul style="list-style-type: none"> - Frequency and duration can vary 	<ul style="list-style-type: none"> - Extremely common type of headache - In its chronic form, referred to as "Chronic Tension-Type Headache"
 Cluster Headache	<ul style="list-style-type: none"> - Strictly a one-sided headache - Very severe deep, boring pain - Localized around the eye 	<ul style="list-style-type: none"> - Associated with a droopy eyelid, red watery eye and stuffy nose - Can be chronic 	<ul style="list-style-type: none"> - Usually lasts 15 to 180 minutes - 1 to 8 attacks per day - May disappear for weeks/months at a time 	<ul style="list-style-type: none"> - Can be aborted by oxygen - "Chronic Cluster" can be very devastating - Cluster cycles can last weeks to months
 Medication Overuse Headache (formerly Rebound Headache)	<ul style="list-style-type: none"> - Location varies but often experienced on the top of the head 	<ul style="list-style-type: none"> - Mild to moderate in severity of pain - May have migrainous associated features 	<ul style="list-style-type: none"> - Variable but often daily in occurrence - Sometimes 2-3 times per week 	<ul style="list-style-type: none"> - Overuse of Over The Counter (OTC's) or migraine drugs (more than twice a week) are the culprit and other medications are often to blame - Sufferers notice increased medication use with decreased results
 Chronic Daily Headache (Mixed Headache)	<ul style="list-style-type: none"> - Location can vary 	<ul style="list-style-type: none"> - May resemble Tension-Type or Migraine or with features of both 	<ul style="list-style-type: none"> - Often occurs daily - Typically occurs up to 15 days per month 	<ul style="list-style-type: none"> - Medication overuse is often the cause - May be difficult to treat - Often persistent
 Sinus Headaches	<ul style="list-style-type: none"> - Most often facial and cheek area - Blocked nostril 	<ul style="list-style-type: none"> - Acute sharp pain in facial area - Fever is present if true sinusitis - Discharge is usually yellow/green in colour 	<ul style="list-style-type: none"> - Quite rare - Frequency is variable 	<ul style="list-style-type: none"> - Depends on treatment type - Rare type of headache - Migraine is often misdiagnosed as Sinus Headache
 Headaches in Children	<ul style="list-style-type: none"> - Often two-sided in younger children - Pain on one side of the head in older children 	<ul style="list-style-type: none"> - Often described as pressure-like - Nausea and vomiting can sometimes bring relief - May have associated features of migraine 	<ul style="list-style-type: none"> - Frequency is variable - Often shorter in duration than those of adults 	<ul style="list-style-type: none"> - Children may complain of fatigue, dizziness - Can be loss of appetite - Recurrent abdominal pain can be a "migraine variant"

Stress

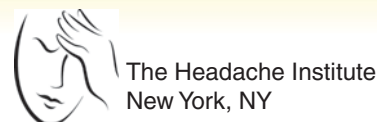
- Stress may trigger a headache, not the cause
- Often let down of a stressful event, causes the headaches



www.headache-help.org



www.w-h-a.org



Made possible through a contribution by:



* Editing done by Dr. Christine Lay, Headache Neurologist, New York, NY

* This chart is a general guide only - used for educational purposes - please consult a physician with interest in headache 04-08 34380435