



Headaches

Persons who suffer from headaches should see a doctor for proper diagnosis and treatment.

Common causes of headaches are tension, sinus problems, tobacco smoke, low blood sugar, and things in your diet like red wine, aged cheese, and MSG.



Keep a diary of when headaches occur, how long they last, and where and how severe the pain is. Keep track of other symptoms, such as nausea, too. Show this diary to your doctor to help them identify which type of headache you have and the most beneficial treatments.

The most common treatments for headaches are rest and over-the-counter pain relievers. It is best to treat headaches when they begin or when they are still mild. Prescription medication may also be prescribed by your doctor.

In addition to medicine, self-care practices can also help manage your symptoms and prevent headaches. Examples include putting a heat or ice pack on your head or neck, getting enough quality sleep, and drinking plenty of water.