

What to do for each type of **HEADACHE**



HEADACHE TYPE	TENSION	MIGRAINE	CLUSTER	SUDDEN ONSET
% OF PEOPLE IT AFFECTS	70%	15%	0.1%	0.01%
PAIN LEVEL	Mild pain	Moderate to severe pain	Severe pain	Worst headache of your life
SYMPTOMS	Dull pressure on both sides of the head	Light and sound sensitivity	Runny nose or eyes tearing up	Sudden severe pain, dizziness, slurred speech, numbness
WHAT TO DO	Treat at home with ibuprofen or acetaminophen	Schedule a primary care appointment	Call your headache specialist	Go to the emergency room or call 911



Nebraska Medicine

Headaches The Kinds And The Cures

Arthur S. Freese



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