

# TENSION HEADACHE



A tension headache is the most common type of headache. It can cause mild, moderate, or intense pain in your head, neck, and behind your eye

## Causes

- Variety of foods, Skipping Meals
- Activities,
- Impaired Sleep
- Staring at a computer screen for a long time
- Driving for long periods.
- Cold temperatures



## Symptoms

- Dull head pain
- Pressure around the forehead
- Tenderness around the forehead and scalp

## Treatment

- OTC (over-the-counter) & prescription pain relievers,
- Stress Management Techniques
- Relaxation
- Exercise

**If you find difficulty in getting over with your Headaches then please consult a Neurologist & Sleep Specialist**



**For Appointment call 011-46070321/9643500270**



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# Headache Disorders Current Concepts And Treatment Strategies By

**Christian Drosten**



## **Headache Disorders Current Concepts And Treatment Strategies By:**

## Whispering the Strategies of Language: An Psychological Quest through **Headache Disorders Current Concepts And Treatment Strategies By**

In a digitally-driven earth where displays reign great and immediate interaction drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases usually move unheard. However, situated within the pages of **Headache Disorders Current Concepts And Treatment Strategies By** a interesting fictional value blinking with organic thoughts, lies an exceptional quest waiting to be undertaken. Penned by an experienced wordsmith, this charming opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within ab muscles material of every word. Within the mental depths of the poignant evaluation, we will embark upon a heartfelt exploration of the book is primary subjects, dissect their fascinating writing fashion, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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