

# HEADACHE TYPES



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

## Stress

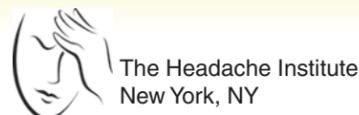
- Stress may trigger a headache, not the cause
- Often let down of a stressful event, causes the headaches



www.headache-help.org



www.w-h-a.org



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\* 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