

### Common Migraine

An intense, throbbing pain that can be located on one or both sides of the head. Typically pain will be behind the eyes, around the temples, or behind the ears. While having a migraine you may find you have a sensitivity to light and sound. These headaches can be so intense that they can cause nausea and/or vomiting. Most people have a family history of migraine or of other types of disabling headaches. They are more common in women.

### Classic Migraine

Very similar to the common migraine with the exception that the classic migraine often is preceded by visual disturbances or aura.

### Cluster Headaches

These types of headaches are less common than migraines and they are much more dramatic. They tend to peak in intensity in 5 minutes and can last up to an hour. Frequently a person will have multiple episodes within the same day and not have a headache for a year or longer. The cycle will then repeat itself. Typically the first cluster headache will hit around age 25 but it is possible to have your first one earlier or later than this.

### Cervicogenic Headache

These headaches are actually due to referred pain from the neck. The neck will often be sore and tender. The pain is referred from either the joints or the soft tissue of the neck and/or upper back. These headaches most frequently affect women and can occur at any age.

### Tension Headache

This is your typical stress headache. It can start at the back of your head and spread forward. It is a dull pressure or squeezing pain and can be described as having a tight band around the head. Muscles in your neck can feel sore, tight, painful. The same with your Jaw. Both sides of your head can be affected equally. This type of headache can be constant and vary from mild to intense.

### Sinusitis

This type of headache can be felt behind or around the eyes, across your forehead and can often times feel like pressure. The pain is worse if you bend over. It typically is

accompanied with yellowish green nasal discharge. You may have pain in your upper teeth as well.

### *Hypertension Headache*

These headaches tend to hit in the morning after first waking up. The headache may be felt behind the eyes and be accompanied by dizziness. You may also feel some palpitations. There may also be fatigue, nervousness, a frequent urge to urinate, restlessness as well as shortness of breath.