

TYPES OF HEADACHES



TENSION-TYPE HEADACHE

Tension headache is a common cause of head pain. It feels like a tight band around the head or a heavy crown, and is not pulsating or throbbing like other headaches. It may also cause neck and shoulder pain. Muscle tension, vitamin deficiency, and genetics can cause tension headaches.



SINUS HEADACHE

A sinus headache may also cause pain at the sides and on top of the head. This symptom is caused by an infection that inflames the sinuses, making it a secondary headache. Head pain may be resolved once the inflammation has subsided.



MIGRAINE

A severe headache is one of the symptoms of a migraine. While it usually presents as pain on one side of the head, patients may also experience this headache, throbbing from the top of the head. A migraine headache may also reach down toward the neck.



OCCIPITAL NEURALGIA

Occipital neuralgia causes secondary headaches involving pain at the top of the head. The sensation is similar to having a tight band wrapped around your head with sudden jolts of pain or tingling feeling. Patients experience this due to the nerves from the spine to the head getting irritated.



CLUSTER HEADACHE

Cluster headache is a condition involving severe headache at one side of the head behind an eye, radiating to the top of the head as it worsens. This pain usually happens in a pattern, either daily or weekly. Patients feel it at its peak after 5 to 10 minutes and can last for up to 3 hours.



HYPERTENSION HEADACHE

Another condition that may result in secondary headaches at the top of the head is hypertension. Intensively high blood pressure builds up strain on the blood vessels at the cranium.



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Table of Contents The Headache

1. Understanding the eBook The Headache
 - The Rise of Digital Reading The Headache
 - Advantages of eBooks Over Traditional Books
2. Identifying The Headache
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Headache
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Headache
 - Personalized Recommendations
 - The Headache User Reviews and Ratings
 - The Headache and Bestseller Lists
5. Accessing The Headache Free and Paid eBooks
 - The Headache Public Domain eBooks
 - The Headache eBook Subscription Services
 - The Headache Budget-Friendly Options

6. Navigating The Headache eBook Formats
 - ePub, PDF, MOBI, and More
 - The Headache Compatibility with Devices
 - The Headache Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Headache
 - Highlighting and Note-Taking The Headache
 - Interactive Elements The Headache
8. Staying Engaged with The Headache
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Headache
9. Balancing eBooks and Physical Books The Headache
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Headache
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Headache
 - Setting Reading Goals The Headache
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Headache
 - Fact-Checking eBook Content of The Headache
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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