

# 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.



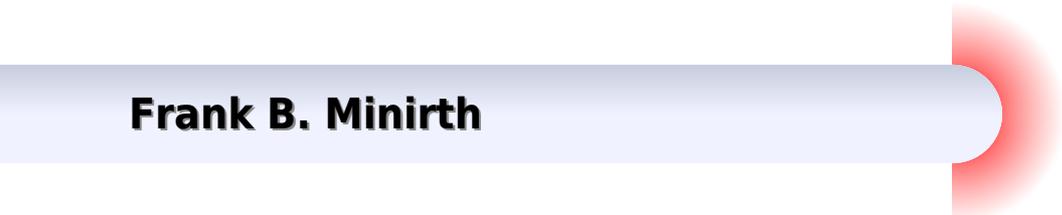
## HYPERTENSION HEADACHE

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.



# The Headache

**Frank B. Minirth**



## **The Headache:**

*The Headache* Tom Zeller Jr., 2025-07-15 Required reading for anyone with a head Mary Roach New York Times bestselling author of *Stiff* and *Fuzz* *The Headache* weaves together history biology a survey of current research testimony from patients and an agonizing account of Zeller's own suffering If there's a lesson here it's that pain resists mastery but understanding however incomplete can offer its own form of relief New Yorker From blinding migraines to severe headache disorders known as clusters chronic head pain affects 40% of the population many of them suffering in silence Finally *The Headache* reveals the science behind a group of disorders that is as much a curse as a cultural punchline and leads to key insights into the nature of pain itself Guided by his own decades long struggle with cluster headaches veteran science journalist Tom Zeller Jr's journey into headache science is at once intimate and panoramic He visits cutting edge clinics interviews dozens of doctors neurologists and fellow headache patients participates in clinical trials for multi million dollar new medicines and even experiments with psilocybin in search of relief Along the way Zeller traces the longer arc of mystery around headaches from prehistoric skull surgery to Virginia Woolf's assertion that in the throes of a migraine language runs dry to reveal how headaches became one of the most under researched afflictions in medicine and how that is slowly starting to change With warmth wit and infectious curiosity Zeller's search for the origins of his own headaches becomes a journey into the inner workings of the human nervous system and an invaluable witness to one of the most maligned conditions known to medicine

**The Headache** Tom Zeller Jr., 2025-07-16 Required reading for anyone with a head Mary Roach New York Times bestselling author of *Stiff* and *Fuzz* For the many millions of headache sufferers a deeply reported sometimes harrowing and frequently humorous journey into the author's own excruciating headaches and the science behind these surprisingly mysterious disorders that may finally offer relief Virtually everyone has experienced a headache a nuisance arising from occasional stress or as payback for last night's overindulgence But for hundreds of millions of people there are headaches and then there are headaches From blinding migraines to severe headaches known as clusters chronic head pain can upend entire seasons of life And perhaps owing to the ordinariness of the very word headache these disorders are frequently trivialized In *The Headache* veteran science journalist Tom Zeller Jr takes readers on an odyssey both intimate and panoramic through his own decades long struggle with cluster headaches and across the scientific landscape of a group of disorders that are to the chagrin of sufferers as much a curse as a cultural punchline He visits cutting edge clinics interviews dozens of doctors neurologists and fellow headache patients participates in clinical trials for multi million dollar new medicines and even experiments with psilocybin in search of relief Along the way Zeller traces the longer arc of mystery around headaches from prehistoric skull surgery to Virginia Woolf's assertion that in the throes of a migraine language runs dry to reveal how headaches became one of the most under researched afflictions in medicine and how that is slowly starting to change With warmth wit and infectious curiosity Zeller's search for the origins of his own headaches becomes a journey

into the inner workings of the human nervous system and an illuminating look at the nature of pain itself

**The Headache Handbook** Gary W. Jay, 2021-12-16 The Headache Handbook Diagnosis and Treatment helps both generalist and specialist clinicians including family practitioners chiropractors and neurologists to understand headache possibly the most ubiquitous symptom in medicine This comprehensive work covers the myriad of differences among headache patients and the need for accurate fact gathering and physical and neurological examinations Topics include anatomy and physiology of headache evaluation and treatment of various headache types interventional procedures and manual medicine consultations

**The Headache Healer's Handbook** Jan Mundo, CMSC, CMT, 2018-04-25 Jan Mundo's mind body program teaches headache and migraine sufferers how to relieve and prevent their symptoms naturally without drugs and their side effects Here she shares her powerful personalized comprehensive program for the first time In step by step instructions she helps readers discover and prevent the triggers that perpetuate their headaches and stop their pain on the spot with her unique hands on therapy In a caring and compassionate voice she makes her techniques accessible to both occasional headache sufferers and those who have long felt misunderstood and misdiagnosed Brimming with inspirational narratives questionnaires guidelines tracking tools and author illustrated instructions The Headache Healer's Handbook answers the headache sufferer's plea for help and offers hope for a headache free future

Breaking the Headache Cycle Ian Livingstone, Donna Novak, 2003 Two headache specialists present an innovative Headache Reduction Program which includes breathing exercises and dietary changes designed to treat and prevent recurring headaches

**The Headache Book** Frank B. Minirth, 1994 Prevention and treatment for all kinds of headaches

**The Headache Book** Arnold P. Friedman, Shervert H. Frazier, 1973 Headache and Other Morbid Cephalic Sensations Harry Campbell, 1894

**Migraine in Women** Elizabeth Loder, Dawn A. Marcus, 2004 Fifteen specialists serve as chapter authors covering sex hormones and genetics as well as the social cultural psychiatric and psychological factors that contribute to headache disorders Their approach is evidence based but where there are gaps in research the authors provide advice based on expert consensus and clinical experience Each chapter opens with a case report that synthesizes the chapter's treatment recommendations as well as key points listing the chapter's contents The main body of the chapter features an introductory overview a closing summary tables and an extensive list of suggestive reading

*Brain*, 1891 **Concerning some headaches and eye disorders of nasal origin** Greenfield Sluder, 1920

**The Practitioner** Francis Edmund Anstie, Henry Lawson, 1874

The Headache Healer's Handbook Jan Mundo, 2018-05-10 Jan Mundo's mind body program teaches headache and migraine sufferers how to relieve and prevent their symptoms naturally without drugs and their side effects Here she shares her powerful personalized comprehensive program for the first time In step by step instructions she helps readers discover and prevent the triggers that perpetuate their headaches and stop their pain on the spot with her unique hands on therapy In a caring and compassionate voice she makes her techniques accessible to both occasional headache sufferers and those who have long felt misunderstood and

misdiagnosed Brimming with inspirational narratives questionnaires guidelines tracking tools and author illustrated instructions The Headache Healer s Handbook answers the headache sufferer s plea for help and offers hope for a headache free future Medical Diagnosis Jacob Mendes Da Costa,1900 **The Laryngoscope** ,1899 A monthly journal on diseases of the ear nose throat Manual of treatment Charles Fayette Taylor,1887 **The penny medical library** Penny Medical Library,1900 **Eye, Ear, Nose and Throat** ,1917 **Western Medical Review** ,1912 **Buffalo Medical Journal** ,1910

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