

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
www.uh.edu/admin/hc

Headache

Most of us experience headaches of one type or another during our lifetimes. Though painful, more than 95% are harmless. Characteristics of some well recognized headaches are listed below:

<u>TYPE</u>	<u>SITE</u>	<u>AGE + SEX</u>	<u>CLINICAL FEATURES</u>
Tension:	Generalized	All ages: F >M	Builds slowly; band like; tight posterior Neck muscles and shoulder muscles. May persist for several days. Often associated with anxiety and depression.
Migraine:	Front temporal , Unilateral (one side); occ. Bilateral (both sides)	F >M	Provoked by menses, various foods. Onset after awakening; often disappears with sleep.
Cluster:	Behind one eye	M >F	Rapid onset; lasts 45 minutes; daily attacks for 4 to 6 weeks; recurs annually.
Cough Headache:	Transient severe head pain lasting a few seconds	M >F	May need MRI; try Indocin
Brain Tumor:	Variable	all ages + sexes	Interrupts sleep; unrelieved by sleep. Associated with neurological changes.
Aneurysm Rupture:	Variable	all ages + sexes	Sudden, violent, stabbing head pain followed by confusion & unconsciousness.

Different types of headaches require different treatment programs.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
University Health Center,
100 UH Health Center,
Houston, Texas 77204-3019,

E-Mail "Healthberry" at JMGray2@central.uh.edu
Fax "Healthberry" at (713)743-5164.