

Headache :

A headache refers to any pain, pressure, or discomfort felt in the head region.

It may involve the scalp, forehead, temples, behind the eyes, or even both sides of the head.

Sometimes, headaches can occur **even without a physical cause**, such as in stress or emotional conditions.

Your Personal Action Plan for Early Headache Detection :

Create a proactive plan with your doctor:

1. Track Your Symptoms

Note onset, duration, triggers, and severity

Keep a "headache diary"

2. Identify Triggers

Lack of sleep, dehydration, stress, certain foods, eye strain, or medications

Work with your doctor to manage or avoid these

3. Schedule Regular Check-Ups

Early evaluation helps prevent complications

Follow up promptly if symptoms change or worsen

4. Follow Treatment Plans

Take medications as prescribed

Practice relaxation techniques and stress management

Maintain a healthy lifestyle: good sleep, hydration, balanced diet

5. Know When to Seek Emergency Care

If headaches are sudden, severe, progressive, or associated with red-flag symptoms

Is It a Headache or Something Serious?

Some symptoms suggest a possibility of a more serious condition such as a brain tumor.

Warning Signs :

Persistent vomiting

Speech or hearing difficulties

Seizures

Headache that is worse in the morning

Pain that increases with coughing or straining

Sudden severe headache

Visual disturbances

New onset headache after age 50

Fever, rash, neck stiffness

Recent head injury

Seek medical attention immediately if any of these signs are present.



How Doctors Identify the Cause :

Your doctor may suggest:

Blood Tests

•**Complete Blood Count (CBC):** Helps detect infection or inflammation.

Imaging Tests

•**CT Scan or MRI of the brain:** Useful if stroke, trauma, bleeding, or structural problems are suspected.

Lumbar Puncture

•To check for infections or bleeding around the brain.

CT Angiography

•To examine the blood vessels of the brain for clots, aneurysms, or other abnormalities.

Take Charge of Your Headache Health :

Early recognition and timely medical attention can help manage headaches effectively and detect serious conditions early.

Partner with your healthcare provider to create a personalized, preventive approach.

Types of Headaches :

1. Primary Headaches :

These headaches are not caused by another illness.

Common primary headache types include:

Tension-Type Headache

The most frequent type in adults and teenagers

More common in women above 20 years

Feels like a tight band or pressure around the head

Usually mild to moderate in intensity

May last from minutes to days

Migraine

Intense throbbing or pulsating pain, usually on one side

May last from 4 hours up to 3 days

Often occurs one to four times a month

May be associated with nausea, visual disturbances, and sensitivity to light or sound

Cluster Headache

Extremely painful and often described as stabbing or burning

Usually around or behind one eye

Eye may tear, turn red, or eyelid may droop

Occurs in "clusters": 1-3 episodes per day for 2 weeks-3 months

More common in men aged 20-40 years

2. Secondary Headaches :

These headaches occur due to an underlying medical condition.

Sinus Headache

Deep, constant pain over the cheekbones, forehead, or nasal area

Often accompanied by symptoms like blocked nose, facial swelling, fever, or ear pressure

"Headaches are the most common form of pain, yet they are often misunderstood."



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