What you should know about headaches

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Despite having a wide variety of treatment options, headaches are among the most common physical complaint that people try to treat themselves or seek professional help for. Most headaches are not signs of serious underlying conditions, but they can be very distracting, debilitating and account for significant amounts of time lost from work.

Headaches can be caused by a number of factors and these are often wrongly identified. Actually, even the diagnosis of a headache is frequently false. Here is a description of 90% of the most encountered headaches.

Associate your symptoms to know what your headache type is:

a) The typical sufferer has frequent mild to moderate pain, on both sides of the head, that is often described as tight, stiff, constricting – like having something wrapped around your head and pressing tightly.

b) Periodic severe, throbbing headaches that afflict far fewer people (and more women than men), usually hurt on one side of the head, can cause loss of appetite, nausea and even vomiting, and may involve a visual change called an aura.

c) Often misdiagnosed as the headaches described above, the third type is caused by neck and jaw muscles tension, often associate to stress.

a) By far the most common: tension-type b) Migraines c) Cervicogenic

How can you get relief from a headache?

A recent study noted that people affected with headaches have commonly been treated by medical practitioners. If you are a headache sufferer, you should be aware that many people experience what are termed "analgesic rebound headaches" from taking painkillers every day, or nearly every day. Watch out!

Nowadays, many alternative solutions are available. Chiropractic adjustments, for instance, have shown to be as effective and even more effective than medications in reducing the severity and frequency of headaches. They treat the origin of the pain and release headache sufferers from the dangerous vicious circle of taking ever-larger doses of ever-stronger painkillers that are sometimes causing new and worse headaches tomorrow and the days after.