

UPMC Pinnacle

Headache

-or-

Migraine



Pain around forehead



Mild, dull pressure



Pain on sides of head



Intense pulsing or throbbing



Incidental, non-recurring



Typically short-lived



Can last for DAYS



Nausea and dizziness



Not usually accompanied by other symptoms



Treatable with medicine, rest, and water



Flashing lights and blind spots



Commonly recurring



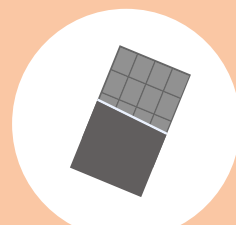
Headaches can be a SYMPTOM of illness

Migraines ARE the illness

Migraine Triggers



SMELL



CHOCOLATE



ALCOHOL



NOISE



WEATHER



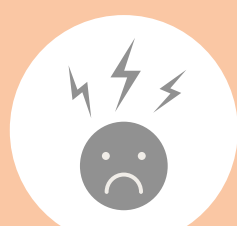
LIGHT



LACK OF SLEEP



POLLUTION



STRESS

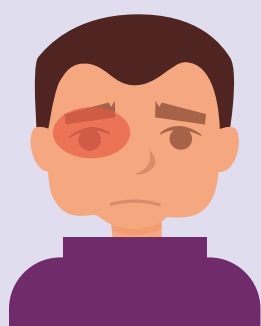


SKIPPED MEALS



CAFFEINE

How do I know what type of headache do I have?



CLUSTER HEADACHE



SINUS HEADACHE



TENSION HEADACHE



MIGRAINE HEADACHE

What can I do to ease my migraines?

- If you have chronic migraines, see a doctor. They may be able to help you obtain medication and provide additional guidance.
- Get plenty of sleep and maintain a sleep schedule.
- Drink plenty of water.
- Eat throughout the day. Skipping meals may lead to migraines.
- Avoid heavy scents and perfumes.
- Wear sunglasses when outside to avoid bright light.
- Avoid fluorescent lights if possible and create ambient lighting instead.
- Track your migraines and write down what may have triggered it. You may come to find that there are certain foods, vitamins, or supplements that cause your migraines.