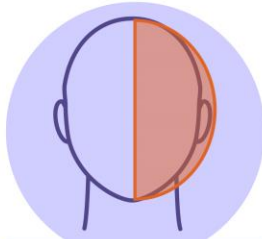




What Does Your Headache Mean?



Migraine

Migraine is the most common type of headache.

It's typically a one-sided pain, and more likely to impact women.

Symptoms



Aura prior to migraine



Lightheadedness



Light sensitivity

Triggers



Stress



Hormones



Changes in weather



Tension

Tension headaches can be reduced through stress relief.

Tension headaches tend to affect both sides of the head, and can be located near the front or back of the head.

Symptoms



Slow onset



Dull pain on both sides

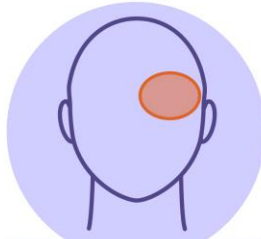
Triggers



Stress



Fatigue



Cluster

A cluster headache affects men more than women and can often go undiagnosed.

Cluster headaches are severe and occur periodically, particularly around one eye.

Symptoms



Restlessness



Watering eyes



Congestion

Triggers



Alcohol



Changes in weather



Smoking



Sinus

Sinus inflammation can cause pain and fever.

Sinus headaches can be treated with antihistamines or decongestants. If caused by a bacterial infection, antibiotics may also be used.

Symptoms



Fever



Pain near eyes



Congestion

Triggers



Weather



Allergies