

## Headache

Oh my aching head! Nearly everyone has had a headache.

The most common type of headache is a tension headache. Tension headaches are due to tight muscles in your shoulders, neck, scalp and jaw. They are often related to stress, depression or anxiety.



You are more likely to get tension headaches if you work too much, don't get enough sleep, miss meals or use alcohol.

Other common types of headaches include migraines, cluster headaches and sinus headaches.

Most people can feel much better by making lifestyle changes, learning ways to relax and taking pain relievers.

Headaches can have many causes, but serious causes of headaches are rare.

Sometimes headaches warn of a more serious disorder. Let your health care provider know if you have sudden, severe headaches.

Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with a stiff neck, fever, confusion, loss of consciousness or pain in the eye or ear.

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