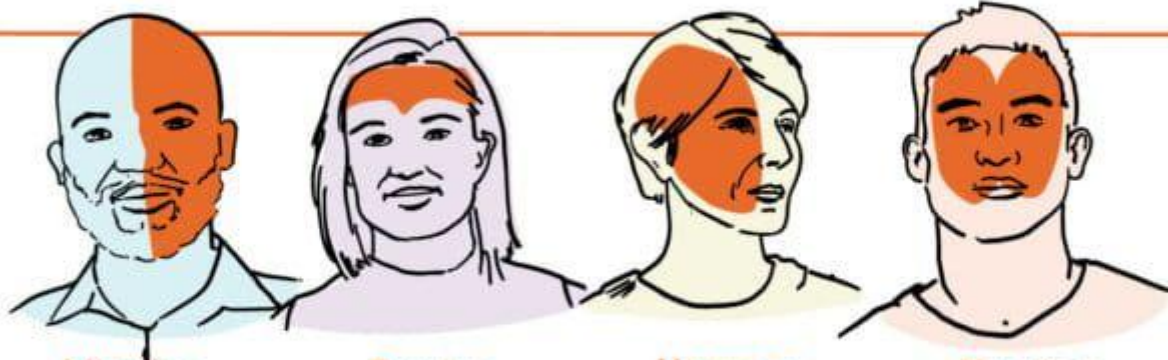


Headaches

COMMON TYPES OF HEADACHES

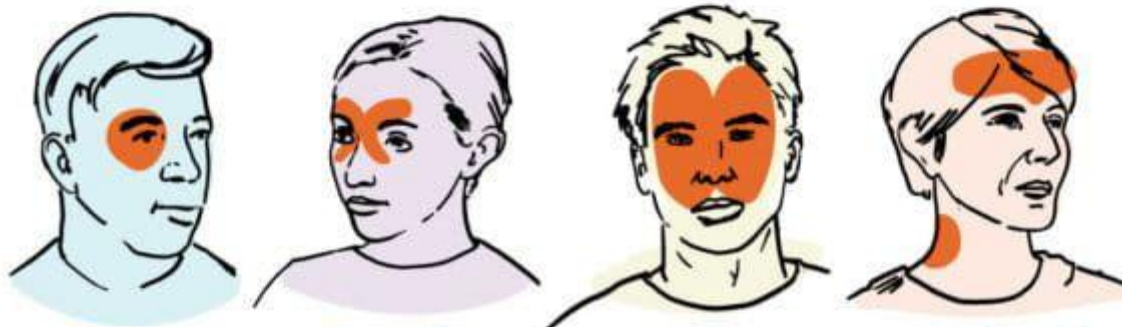


Migraine

Tension

Hormone

Exertion

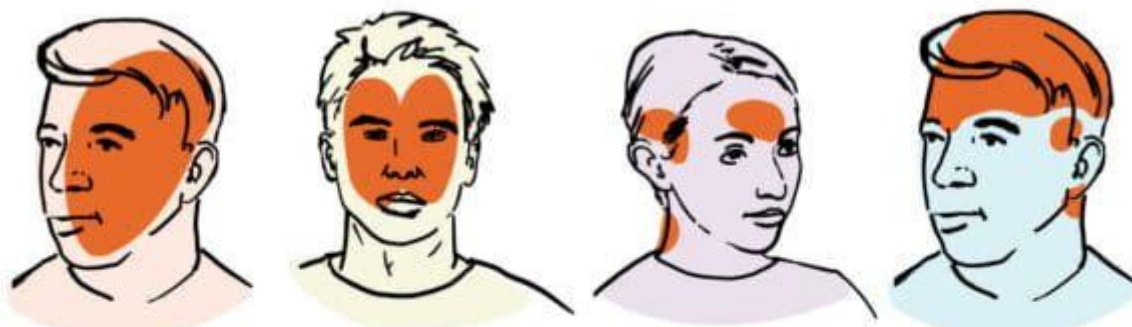


Cluster

Allergy/Sinus

Caffeine

Rebound



Hemicrania Continua

Hypertension

Post-Traumatic

Spinal



Thunderclap

Ice Pick

Temporomandibular Joint (TMJ)

Headaches: What are the red flags for emergencies?

Headaches can be triggered by:

- Lifestyle: Stress, dehydration, lack of sleep, or caffeine withdrawal.
- Medical: Migraines, infections, high blood pressure, or head trauma.
- Other factors: Medication overuse, environmental triggers (e.g., loud noise), or serious conditions like meningitis.

Headache types vary, but red flags for emergencies include:

- Sudden, severe pain (“thunderclap” headache).
- Headache with fever, stiff neck, or confusion.
- Vision changes, weakness, or speech difficulties.
- Nausea or vomiting (especially with migraines).
- Pain worsening over hours or days.
- Headache after head trauma or injury.

⚠ Note: A headache with neurological symptoms (e.g., slurred speech, one-sided weakness) may indicate a stroke—seek help immediately!

Red flags for emergencies: Factors increasing headache risk include:

- Controllable: Poor hydration, irregular sleep, or high stress.
- Uncontrollable: Family history of migraines, age (older adults at higher risk for serious causes), or prior head injury.

What to do if you experience a red-flag headache:

Prompt action is key:

- Seek emergency care: Rush to the ER for sudden, severe headaches or those with neurological symptoms.
- Diagnosis: Physical exams, CT/MRI scans, or lumbar puncture to rule out serious causes.
- Medications: Pain relievers (e.g., ibuprofen), migraine-specific drugs, or IV fluids for dehydration.
- Recovery: Most non-emergency headaches resolve with rest, hydration, or medication; serious causes may require hospitalization.
- Complications: Untreated serious headaches can lead to stroke, brain damage, or seizures.

How to prevent red-flag headaches:

- Know the signs: Train to recognize red-flag headache symptoms using FAST (Face, Arms, Speech, Time) for stroke.
- Be prepared: Carry hydration packs or pain relievers in your IFAK for minor headaches.
- Plan ahead: Have telemedicine or EMS contacts ready for rapid assessment during a detail.

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