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for your well-being

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# A TIP FOR TENNESSEANS

July 5, 2017

## FIVE WAYS TO GET HEADACHES OFF YOUR MIND

Headaches can be a real pain. Chances are you have felt the throbbing pain of a headache before—most people have. But not all headaches are the same. In fact, knowing what type of headache you have may help you stop it.

### Which Type of Headache Do You Have?

- **Tension Headache:** The most common type, due to tight neck and scalp muscles
- **Migraine:** A long-lasting, throbbing pain that may also include nausea or vision change
- **Hormone Headache:** Triggered by ovulation or menstrual cycles
- **Cluster Headache:** The most severe type, involving pain “cycles” that come and go
- **Sinus Headache:** Involves facial pain caused by allergies or a cold

### Five Ways to Stop the Pain

No matter what type of headache you have, you can take steps to prevent or treat your head pain.

1. **Know Your Triggers.** Track your food and drink, activities, medicine and sleep pattern, especially if you have migraines. Avoid your triggers, if possible.
2. **De-stress.** Stress on your body or mind can lead to headaches. Try stress-lowering activities like stretching, deep breathing and meditation.
3. **Get Some Sleep.** Lack of sleep can make headaches worse. Make sure you're getting



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4. **Talk to your healthcare provider** if your headaches are severe, if they are frequent or if they come with confusion or loss of consciousness.
5. **Ask About Medicine.** Ask your healthcare provider if over-the-counter medicines like aspirin, ibuprofen or naproxen might help. Your provider may also prescribe stronger medicine if you need it.



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