

# Headache

Migraines, tension, cluster and other causes!

There are many kinds of headaches. Some are caused by problems in the pain-sensitive structures in your head. The nerves, blood vessels or muscles play a role. These kinds of headaches include migraines, cluster headaches and tension headaches. These can be hereditary.

Migraines have four stages. 1. Prodrome where you might notice a subtle change that alerts you to a headache coming. These changes can include GI problems, mood changes, food cravings and neck stiffness. 2. Some people get an aura that are usually visual changes or sensations in an arm, leg, face or body. 3. The attack includes the migraine itself that can last 4 hours to 72 hours. 4. Post-drome the person may feel very tired, confused or elated for a day.

Cluster headaches cause severe pain behind the eye and may radiate to other areas of the face or neck. There are other signs and symptoms that include tearing, congestion, sweating, swelling or drooping eyelid on one side of the head. These can occur daily and last weeks to months.

Tension headaches are mild to moderate that feel like a tight band around the head. They can cause a pressure across the forehead, sides or back of head and can cause tenderness of scalp and shoulders. They can last 30 minutes to a week. Sometimes they occur more than 15 days a month.

Some headaches can be triggered by lifestyle factors, including:

- Alcohol, particularly red wine
- Certain foods, such as processed meats that contain nitrates
- Changes in sleep or lack of sleep
- Poor posture
- Skipped meals
- Stress

There are many types of medications and lifestyle changes that can be done to help and prevent all of these headaches.

If you are having problems with headaches and need help controlling them, call us to schedule an appointment.

Go to a hospital emergency room or call 911 if you're experiencing the worst headache of your life or a sudden and severe headache.



**Ozaukee County Employer  
Clinic located inside Aurora  
Port Washington Clinic  
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

## Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am—4:30pm

**Call us to make an in person or virtual appt at:**

**262-268-6610 or 262-268-6603**

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are   AdvocateAuroraHealth

**Who can be seen?** Health Plan participants over 2 years old may use the County Employee Health Center