

# How to Keep a Cool Head When You Suffer from Headaches

Headaches affect 47% of the global population on a regular basis. Some people suffer from them monthly, weekly and sometimes even daily, and the headache can range from being a nuisance to being completely debilitating, disrupting your ability to drive, work, concentrate, do daily chores or even stand upright. The most difficult thing about headaches is that there is so much variety between individuals, in terms of headache types, symptoms and triggers, it makes them very hard to diagnose correctly, and therefore often treatments are unsuccessful.

According to the International Headache Society there are over 130 distinct disorders identified and over 300 causes of headaches. Fortunately, most of the common headaches can be identified and treated effectively if you know what to look for. One of the most

and treatments, expensive examinations or investigations, costly changes to bedding and pillows and even visits to the dentist for gum guards to prevent clenching or teeth grinding. Sometimes we try and brush things off as an inevitable consequence of our 'life' be it your job, stress level, or the amount of time you spend sitting in front of a computer.

But living with headaches doesn't have to be a case of 'suck it up and deal with it'. There is a lot of research out there to support ways in which physical therapy can help you manage and prevent different types of headaches.

## SHOULD YOU BE CONCERNED ABOUT A HEADACHE?

In a small percentage of patients there is unfortunately a sinister cause of your head pain, which should be thoroughly



weakness, memory loss, slurred speech)

- HIV or other immune system compromise
- Fever or other systemic symptoms (eg unexplained weight loss, high

