

What is Headache?

- ▶ Headache is any pain or discomfort felt or referred in head region - may occur in any part of head, both sides, face, forehead, scalp, behind eyes, etc.
- ▶ May also occur when there is no actual organic cause (e.g. depression)

Types of Headache

Primary Headache

Tension Headache

- ▶ Most common in adults and teens, women over age 20
- ▶ Feeling like tight band around head causing mild to moderate pain
- ▶ May last for several minutes to several days



Migraine Headache

- ▶ Severe headache with pounding, throbbing pain usually on one side of head lasting from 4 hours to 3 days
- ▶ Usually happens one to four times a month



Cluster Headache

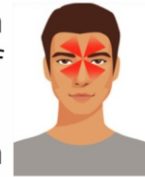
- ▶ Most severe, can wake you up from sleep with intense burning or piercing pain on one side, behind or around one eye, eyelid droops, eye reddens, pupil gets smaller, eye makes tears, nostril runs or stuffs up
- ▶ Tend to happen in groups - 1-3 times/day during a cluster period that lasts 2 weeks-3 months
- ▶ Men (age 20 to 40) more prone than women



Secondary Headache

Sinus Headache

- ▶ Deep and constant pain in cheekbones, forehead, or bridge of nose
- ▶ Pain usually comes along with other sinus symptoms, like runny nose, fullness in ears, fever, and swollen face



Other causes of Headache

- ▶ Cold, flu, fever, or premenstrual syndrome
- ▶ Disorder called temporal arteritis where artery that supplies blood to part of the head, temple, and neck area is swollen and/or inflamed
- ▶ Extradural/Subdural haematomas
- ▶ Very high blood pressure
- ▶ Bleeding in area between brain and thin tissue that covers brain (subarachnoid haemorrhage)
- ▶ Acute/sudden bleeding inside brain (intracerebral haemorrhage)
- ▶ Brain infection, such as meningitis or encephalitis, or abscess
- ▶ Brain tumour
- ▶ Buildup of fluid inside skull that leads to brain swelling (hydrocephalus)
- ▶ Buildup of pressure inside skull that appears to be, but is not a tumour (pseudotumour cerebri)
- ▶ Lack of oxygen during sleep (sleep apnoea)
- ▶ Problems with blood vessels and bleeding in brain, such as arteriovenous malformation (AVM), brain aneurysm, or stroke
- ▶ Glaucoma
- ▶ Drug overuse (e.g. caffeine, alcohol, high blood pressure tablets, stopping analgesics)

Not Sure if HEADACHE or BRAIN TUMOUR?

BRAIN TUMOUR SYMPTOMS



Vomiting



Speech Problems



Hearing problems



Headache



Seizures

The following questions are important to rule out a serious diagnosis:

- ▶ Any history of trauma
- ▶ Sudden onset
- ▶ Any fever, rash, neck stiffness
- ▶ Vomiting and fear of light
- ▶ Headache associated with vomiting in morning or worsens with coughing
- ▶ Any visual blurring
- ▶ Any new headache in an elderly patient could be serious

How to diagnose the accurate cause of Headache?

- ▶ Complete blood count (CBC - blood test that can show signs of an infection)
- ▶ CT or MRI scan head - done in cases where stroke, trauma, or blood clots in the brain are suspected
- ▶ Lumbar puncture
- ▶ CT Angiography brain