**Headaches**

Many are the afflictions of the righteous: but the Lord delivereth him out of them all (Psalm 34:19).

One of the most common medical complaints are headaches. According to the World Health Organization, almost half of the adults in the world will experience a headache at some point in their lives.

Headaches are caused by many different factors, such as stress, emotional issues and medical issues. There are many different types of headaches and the symptoms differ. Here are a few:

**Tension headaches**

Tension headaches are the most common form of primary headache. They start off slowly in the middle of the day.

Symptoms include:

* feeling as if they have a tight band around the head
* a constant, dull ache on both sides
* pain spread to or from the neck

Tension-type headaches can be either episodic or chronic.

* Episodic: lasts a few hours to days
* Chronic: lasts 15 days to 3 months

**Migraines**

A migraine usually consists of an aching, throbbing pain on one side of the head.

Symptoms include:

* blurred vision
* light-headedness
* nausea
* sensory disturbances known as auras

According to the WHO, migraine is the sixth highest cause of days lost due to disability worldwide. A migraine can last from a few hours to between 2 and 3 days.

**Cluster headaches:**

The pain caused by cluster headaches is:

* one-sided
* severe
* often described as sharp or burning
* typically located in or around one eye
* lasts 15 minutes to 3 hours, but may occur daily up to eight times for weeks to months
* area may be red and swollen
* droopy eyelids
* stuffy and runny nose on side of head that is affected

**Thunderclap headaches**

* sudden, severe headaches that are often described as the "worst headache of my life."
* reach maximum intensity in less than one minute and last longer than 5 minutes.
* often secondary to life-threatening conditions

\*\*People who experience these sudden, severe headaches should seek medical evaluation immediately. \*\*

Treatment usually consists of rest and an over the counter pain medication such as Tylenol or Ibuprofen. Headaches can be a symptom of a serious condition, it is important to seek medical advice if they become more severe, regular, or persistent.

Activity: If you experience headaches, keep a journal. Write down where you were and what you were doing, feeling or thinking when it occurred. If the headaches persist bring the journal to your primary care provider for treatment.