

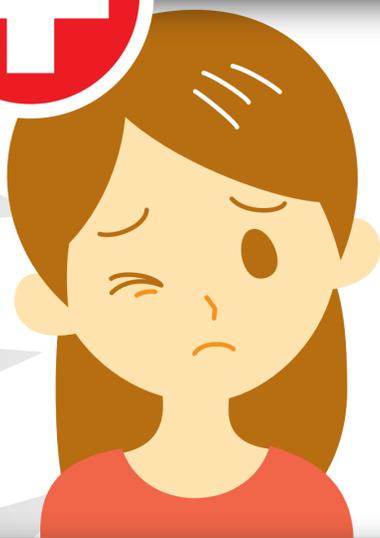
WHEN TO SEE A DOCTOR ABOUT YOUR HEADACHE

DO YOU HAVE A HEADACHE?

You aren't alone. Almost everyone suffers from one at some point. Most of the time, symptoms can be alleviated at home. Sometimes, the pain requires specialized treatment or emergency care.



SEEK EMERGENCY CARE¹



You may require emergency care if your headache:

- Is severe, comes on abruptly or wakes you up at night
- Is the worst headache you've ever had
- Is accompanied by:
 - Stiff neck; dizziness; loss of balance; confusion; tingling; paralysis; slurred speech; personality changes; seizures; vision changes; nausea or vomiting; pain in the eye, ear or near the temples; loss of consciousness*
- Occurs after a head or neck injury
- Is too severe to move your head

SCHEDULE AN APPOINTMENT²

Talk to your doctor if your headaches are:

- Becoming more frequent
- Becoming more severe or are debilitating
- Interfering with your ability to do your job
- Keeping you from participating in everyday activities
- Not improving with over-the-counter pain relievers
- Worse when you cough or move
- Cause you to take over-the-counter pain relievers several times a week



TRY A HOME REMEDY

For the occasional, minor headache, try these at home remedies:

- Drink plenty of water
- Get adequate sleep
- Take an over-the-counter pain reliever such as acetaminophen or ibuprofen
- Eat healthy, balanced meals that are low in sugar, salt and caffeine
- Put an ice pack on your forehead or back of the neck
- Place a warm washcloth over your eyes
- Take a walk or light jog
- Try relaxation techniques such as meditation or yoga
- Get a gentle massage along the neck and scalp

REFERENCE: ¹National Institutes of Health: <http://www.ninds.nih.gov/disorders/headache/headache.htm>
²NIH News in Health: <http://newsinhealth.nih.gov/issue/mar2014/feature2>

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If you need help finding a doctor for your headaches, visit scripps.org/headachepain or call 1-800-SCRIPPS (727-4777).

