

# Headaches

By Charles Fulk, D.C.

Headaches are really a *pain in the neck*! At some point in our lives, virtually all of us battle headaches. Despite the fact that so many of us suffer from headaches and/or migraines, however, very few of us take the time to determine the root cause of our pain and take precautionary measures toward preventing future headaches. In this article, we summarize common types of headaches and discuss how to handle them.



## **Tension Headaches**

The least severe, tension headaches are also the most common type of headache among adults. While they can be uncomfortable, tension headaches typically do not impact your strength, balance, or vision, and should not prevent you from any of your normal daily activities.

Roughly 80% of the population in the US suffers from tension headaches at some point in their lives, with women being nearly twice as likely to suffer from them. While there is no sole cause, a number of factors are believed to have an impact on these common headaches. Hunger, anxiety, stress, lack of sleep, and posture have all been linked to tension headaches. Those who suffer more regularly may want to consider these factors in their own lives and try focusing to make improvements wherever necessary.

To treat recurring tension headaches, consider making changes to your sleep habits, diet, or mood. Be honest with yourself and consider the following: Are you getting enough sleep? Are you eating enough meals and getting proper nutrition? How is your mood on a day-to-day or week-to-week basis? Try making changes wherever necessary and see if the issue persists. If these headaches persist, consider consulting your chiropractor. Headaches and chiropractic go hand in hand, as the issue could potentially be related to spinal misalignment or increased muscle tension.

## **Cluster Headaches**

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As far as nerve pain is concerned, chiropractic care is a fantastic option for treatment. Pain stemming from the trigeminal nerve can sometimes be related to misalignment in the cervical region of the spine; where the nerve connects. By properly aligning that region of the spine through a chiropractic adjustment, future cluster headaches can successfully be prevented in many instances.

## **Sinus Headaches**

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Non-medical treatments include considerable amounts of fluid, using a dehumidifier, or inhaling saltwater nasal spray. Your chiropractor can also perform a specific adjustment to the face to help alleviate sinus pressure.

## **Migraines**

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