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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cluster Headaches

By Andrew C. Povel

Cluster headaches are the most painful headaches. They are also called "suicide headaches"

because unlike migraines, the pain attacks come so suddenly and with such big strength that you are literally helpless. The pain attacks can last a few minutes or up to three hours. After a pause they come again, often at the same time each day.

The pain occurs above or behind one eye and can also trigger additional symptoms like tearing, pupil changes or a droopy eyelid.

There is the theory that cluster headaches are caused by widened arteries which take too much blood and therefore put pressure on the trigeminal nerve.

The brain itself has no pain receptors but the blood vessels. It's unknown why the arteries start to dilate and how exactly this causes the pain.

Another theory with cluster headaches says that it also has something to do with the hypothalamus because the headaches often come at the same time. The hypothalamus regulates our biological clock.

While migraines and cluster headaches are both vascular headaches, they differ. Medications which are good for migraines have no effect on cluster headaches. Often you can feel migraines coming, especially when you also suffer from aura, some preceding neurological disorder which causes sight disturbance and tickling in arms and hands. Cluster headaches come without a sign of warning and with full force, very often during the night during the dreaming phase (REM).

Relaxation brings relief to migraines but makes cluster headaches worse. Moving around or performing a strong exercise brings some relief because it rushes fresh oxygen to the brain. This is also known as one of the fastest ways to fight cluster headaches. Inhaling pure oxygen right at the beginning of the pain attack can stop it within five minutes. The only other ways to battle the pain are direct injections with medications because medications taken orally are too slow.

Cluster Headaches

Over-the-counter painkillers like Aspirin, Paracetamol and Ibuprofen work with migraines but not for cluster headaches. Here you need newer medications like fentanyl or steroids. Triptan drugs like sumatriptan and zolmitriptan also work. To prevent cluster headaches taking Magnesium has helped about 40% of the people.

Cluster headaches can disappear for weeks or months just to come back later with full force. It's the best to consult with an experienced neurologist to find the best treatment if you suffer from repeated and severe headaches. Cluster headaches can be more difficult to treat than migraines.

While a serious disease is not the reason for this type of headache and the headache itself is harmless, your doctor should exclude possible diseases with a CT scan and a blood test.

Andrew C. Povel is an expert in headaches and migraines and provides detailed information on headaches and migraines at his web site

<http://www.HeadacheABC.com>

Your Total Guide To Cluster Headache

By Ashish Jain

Two heads are better than one! A cluster of heads is still better! But this cluster headache is definitely not desirable! One should not suffer from this chasing disease.

It is chasing because once this headache starts, it occurs daily over a period of weeks extending up to several months! Then it may suddenly disappear and dramatically reappear during the same season in the ensuing year. Its timing is marked and it is perfect!

Who or what is responsible for this cluster headache? Nothing is known for certain. But it is reasonably proven that changes in the walls of blood vessels in the head have a role to play in the advancement of the cluster headache!

The brain by itself is a non-committal entity. It feels no pain. The pain of headache comes from the tissues surrounding the brain, the attaching structure at the base of the brain. The muscles, the scalp vessels, the vessel of the face and neck, may cause cluster headache. Or it may be specifically to blood vessels dilation or to inflammation of nerves behind the eyes.

The pattern of cluster headaches is very interesting. There are active periods and passive periods. Headache occurs in clusters. It may be days, weeks or even months, during which headache bothers you in clusters, every other day or ten times during a particular day. Head-ache free intermission may last for several months and years.

During the active period, you have to be careful about your lifestyles and discipline. Attacks may be triggered and intense suffering may bother you. The reasons may include: intake of alcohol, going to a place of high altitude, air travel, intense heat due to sunlight or due to any other reasons like taking of

Cluster Headaches

those items of food which are high in nitrates and many more.

Since cluster headaches are a serious type of headache, you have to budget your day, in all its aspects according to a strict schedule that is suitable to you. You can only know what is suitable for you by past experience!

Ashish Jain writes about a number of different topics. For more information on headache visit

<http://www.headacheupdates.com>

and for additional headache articles visit the following article page:

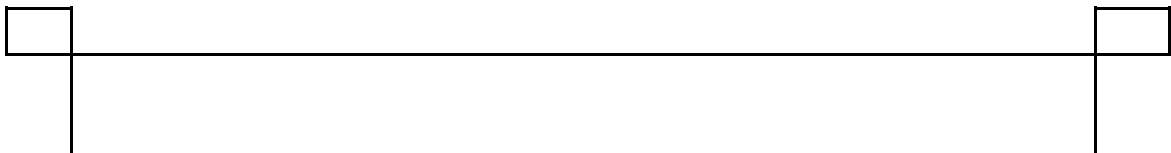
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