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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!

Headache -- Hope Through Research

By Dan Mathiesen

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Why Does it Hurt?

What hurts when you have a headache? The bones of the skull and tissues of the brain itself never hurt, because they lack pain-sensitive nerve fibers. Several areas of the head can hurt, including a network of nerves which extends over the scalp and certain nerves in the face, mouth, and throat.

A number of chemicals help transmit pain-related information to the brain. Some of these chemicals are natural painkilling proteins called endorphins, Greek for "the morphine within."

Not all headaches require medical attention. Some result from missed meals or occasional muscle tension and are easily remedied. But some types of headache are signals of more serious disorders, and call for prompt medical care.

These include:

- * Sudden, severe headache
- * Sudden, severe headache associated with a stiff neck
- * Headache associated with fever
- * Headache associated with convulsions
- * Headache accompanied by confusion or loss of consciousness
- * Headache following a blow on the head

- * Headache associated with pain in the eye or ear
- * Persistent headache in a person who was previously headache free
- * Recurring headache in children
- * Headache which interferes with normal life

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### What Tests Are Used to Diagnose Headache?

Patients may be asked: How often do you have headaches? Where is the pain? How long do the headaches last? When did you

first develop headaches? The patient's sleep habits and family and work situations may also be probed.

A complete and careful physical and neurological examination will exclude many possibilities and the suspicion of aneurysm, meningitis, or certain brain tumors. A blood test may be ordered to screen for thyroid disease, anemia, or infections which might cause a headache.

EEG's can indicate a malfunction in the brain, but they cannot usually pinpoint a problem that might be causing a headache.

Headaches are diagnosed as

- \* Vascular
- \* Muscle contraction (tension)
- \* Traction
- \* Inflammatory

Vascular headaches – a group that includes the well-known migraine – are so named because they are thought to involve abnormal function of the brain's blood vessels or vascular system.

Muscle contraction headaches appear to involve the tightening or tensing of facial and neck muscles.

Traction and inflammatory headaches are symptoms of other disorders, ranging from stroke to sinus infection. Some people have more than one type of headache.

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When is Headache a Warning of a More Serious Condition?

Like other types of pain, headaches can serve as warning signals of more serious disorders. This is particularly true for headaches caused by traction or inflammation.

Traction headaches can occur if the pain-sensitive parts of the head are pulled, stretched, or displaced, as, for example, when eye muscles are tensed to compensate for eyestrain.

Stroke. Headache may accompany several conditions that can lead to stroke, including hypertension or high blood pressure, arteriosclerosis, and heart disease. Headaches are also associated with completed stroke, when brain cells die from lack of sufficient oxygen.

Many stroke-related headaches can be prevented by careful

management of the patient's condition through diet, exercise, and medication.

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### Conclusion

If you suffer from headaches and none of the standard treatments help, do not despair. Some people find that their headaches disappear once they deal with a troubled marriage, pass their certifying board exams, or resolve some other stressful problem. Others find that if they control their psychological reaction to stress, the headaches disappear.

For those who cannot say no, or who get headaches anyway, today's headache research offers hope. The work of scientists around the world promises to improve our understanding of this complex disorder and provide better tools to treat it.

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## **Are You Suffering From Tension Headache?**

**By Ashish Jain**

Whether headache is the cause of tension or the tension is the cause of headache? Think over...if their origin is due to the common cause?

Well, the dividing line between tension and headache is thin.

The tension headache is the unique and generous gift of high paced life style of the modern world. Most of the people caught in the grip of this civilization are out to run an endless marathon that has no end. Many of these crazy run ups end on stretchers, ambulances and ICUs in the hospital. Tension headaches are directly responsible for this sorry state of affair.

What is the source of these tensions? An individual, on a normal working day is connected to his family, his friends and his office. Any serious tension in any of these places is the direct cause of their tension headache.

The causes of tension headache may be simple or complex. Your son's poor percentage in the higher secondary examination, and his inability to get admission in any of the reputed Colleges might become a major reason for your tension headache. Well, any kind of stress or worry could be the root of your tension. This is why tension headache is the most common form of headache.

Herein, the tension type headache is not to be confused with any of the serious forms of headache. Tension headache could be due to a single factor. The moment a solution is found to the problem, it disappears.

You may not need any treatment or medicine for this type of tension headache. This headache can be compared to the sharp, passing showers. It comes and it goes. But if you experience intense pain when you have such headaches, you need to consult your doctor immediately.

How to treat the tension headache? The correct treatment is to go to the root cause of the tension and treat that cause. When that cause is satisfactorily resolved, the headache is also gone.

And last but not the least, solving your tension headache through over the counter medications is neither the correct nor the recommended solution for it. At best, this can be described as a temporary solution. The effect of headache will reappear again.

So, learn to be at peace with yourself to treat this peculiar headache. Find a solution in the activities that pleasure you. You may read some lessons on right type of living as well. For, good literature many a times solves the riddles of tension.

& Tension Headache provides detailed information

on headache, natural headache relief, headache treatment, tension headache and more.



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