

## **TENSION HEADACHES**

### **What does a tension-type headache feel like?**

The pain of a tension-type headache is dull and constant. It may feel like a band tightening around your head. It often is also in your neck, shoulders, back of your head and on both sides of your head. Tension-type headaches are not usually associated with nausea or vomiting but you may not feel hungry. You may also feel tired and sensitive to sound or light.

### **How long do tension-type headaches last?**

Tension-type headaches may last minutes to days, weeks, even years.

### **What causes tension headaches?**

Tension headaches can be related to stress and tension in your neck muscles:

### **What can I do for my headaches?**

- Take a pain reliever like Tylenol or Ibuprofen or Aspirin.
- Use a warm moist pad on the back of your neck or take a warm shower, or a bath to relax tense muscles.
- Try relaxing exercising your neck by rotating your head to stretch the neck muscles. Get up and move around often to relieve your neck muscles.
- If your headache does not respond to simple pain relievers, your doctor may prescribe other medications to be taken daily to try and decrease how often you have your headaches.