







Understanding HEADACHE



Headache is pain that occurs in any region of the head. It may occur on one or both sides of the head, be isolated to specific location or radiate across the head from one point. Headaches are like sharp pain, a throbbing sensation or a dull ache which can develop gradually or suddenly. It may last for less than an hour to several days.¹ Almost everyone would have experienced headache at some point in life.²



Listed below are common types of primary headaches

 Tension headache	 Migraines	 Cluster headache	 Cervicogenic headache
<ul style="list-style-type: none"> They are due to tight muscles in shoulders, neck, scalp, and jaw 	<ul style="list-style-type: none"> They are mostly one-sided head pain 	<ul style="list-style-type: none"> They are severe pain on one side of the head, usually behind the eye 	<ul style="list-style-type: none"> They originate from cervical spine, pain is felt in the head and neck area
<ul style="list-style-type: none"> Related to stress, depression or anxiety 	<ul style="list-style-type: none"> Associated with sensitivity to light, noise and/or smells and nausea 	<ul style="list-style-type: none"> Associated with swelling of the eyelid, redness and watering of the impacted eye, runny nose, and congestion 	<ul style="list-style-type: none"> Associated with a reduced range of motion of the neck and ipsilateral neck, shoulder, or arm pain
<ul style="list-style-type: none"> Working excessively, insufficient sleep, skipping meals, and alcohol consumption are typical trigger points 	<ul style="list-style-type: none"> Weather changes, lack of sleep, dehydration, hunger, strong smells, alcohol and menstruation are typical trigger points 	<ul style="list-style-type: none"> Tobacco, alcohol, bright light, hot temperatures, nitrites in food are typical trigger points 	<ul style="list-style-type: none"> Neck trauma, whiplash, strain, or chronic spasms of the scalp, neck, or shoulder muscles can increase the area's sensitivity

Consult a Pain Physician



- If you require frequent pain medicine available without prescription
- If you have severe headache and over-the-counter pain medication is not helpful
- If you are missing doing daily activities, work/school, and quality of life is impacted by headache

A Pain Physician can help by providing specialized solutions for treatment of headaches

A Pain Physician will provide a specialized solution by developing specific treatment plans including a combination of medicines and Minimally Invasive Pain & Spine Intervention (MIPSI). These procedures can be of diagnostic and therapeutic value. A comprehensive physical examination in addition to testing can help determine the best course for headache or migraine management.

Pain medications

- Relief from pain and symptoms
- Preventive therapy to reduce the occurrence

Minimally Invasive Pain & Spine Intervention

- Facet joint injection
- Epidural steroid injection
- Stellate ganglion MIPSI
- Botox injection
- Radiofrequency ablation
- Cryoablation
- Nerve MIPSI (i.e. Occipital, supratrochlear, supraorbital)
- Trigger point injection
- Peripheral nerve stimulation (i.e. Occipital nerve stimulation)
- Sphenopalatine ganglion MIPSI

What can help increase the effectiveness of headache medicines?

- Effectiveness of headache medication can be maximized when complemented with other lifestyle recommendations that promote overall wellbeing.



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