



Headache

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

What causes headaches?

- People who suffer from regular headaches are likely to have either tension headaches or migraine.
- Sometimes headaches can be caused by problems in the sinuses, teeth, and eyes.
- In rare cases, the cause of headaches can be more sinister diseases affecting the brain like bleeding, tumours or infections.
- Headaches can occur during or after sexual activity.
- Other times if you don't drink enough water or eat enough food can cause headaches also.

Tension headaches

- The most common type of headache is a tension headache.
- It is typically less severe than a migraine and usually affects both sides of the head.
- The pain can be described as weight pressing down or a tight band around the head.
- These can occur intermittently over days to weeks

When should I see a health practitioner ?

- If you have a sudden severe headache you should see a health practitioner immediately or to the nearest emergency department. Especially if it occurred during or after sexual activity or vigours exercise.
- If you have headaches regularly or more than twice a week.
- If you have the following symptoms with your headache: slurred speech, constant vomiting, dizziness, numbness or blackouts.

Will I need any tests ?

- Typically the cause of your headache will be clear to the health practitioner after a medical assessment.
- If there are concerns from the health practitioner, some tests may be required to exclude other causes of headaches.
- Simple analgesia should reduce the headache.

If you have any questions, please ask the doctors or nurses before you leave.

Seeking Help: In a medical emergency go to your nearest emergency department or call 000

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.