

Headaches

Did you know that approximately 45 million Americans complain of getting headaches annually, and around 10 million people in the UK state they get regular headaches? Statistically, this means that one out of every six people suffers from aggravating pain in their heads. At the time of this writing, eight million people visit their primary care doctor with complaints of a headache. That means, roughly 4 million individuals report having chronic migraines; some occurring daily.

It isn't difficult to understand how a throbbing head reduces the quality of life and productivity in a person's life.

Common Causes of Headaches

Headaches can be complex and multi-factorial and hence caused by a myriad of triggers. Some of the most common causes of a headache are:

Stress and Tension - Stress and tension is something that people don't always deal with well. Unfortunately, being overwhelmed by anxiety in reaction to personal problems, financial concerns, health complications, or other worries is believed to be one of the most significant causes of headaches in today's modern culture.

Allergies - Headaches may also get caused when exposed to allergens like pet dander, certain foods, pollen, smoke, ragweed, and other antigens. Sufferers may also experience difficulty breathing.

Alcohol Consumption - They don't call it 'the morning after' for no reason. Alcohol Use Disorders including binge drinking, long-term use, and overconsumption are harmful to your health and often result in hangovers and headaches. These headaches get caused because blood vessels dilate in response to the chemical being present in your bloodstream.

Sinus Infections or Sinusitis - Sinusitis or sinus infection is an inflammation of the air cavities in the passages of the nose. Sinus infections can get caused by allergic reactions, or exposure to chemicals, or other environmental factors. Sinus infections are generally not a communicable illness that can get spread to others.

Treating Headaches

No two headaches are the same, so it's essential that you understand the causes, your body reactions, and recognize triggers that could contribute to the onset of headache symptoms.

Individuals who occasionally suffer from headaches can usually find relief by taking an over the counter pain relievers including aspirin, ibuprofen, or acetaminophen.

For people who suffer from recurring or crippling headaches, the answer may not be as simple as taking a couple of pain relievers when a flare-up occurs. It is always worth consulting with your Primary Care Physician to discuss your symptoms. He or she can then chart a course to discover what the cause of the

headaches is, as well as determine a comprehensive treatment regime.

Once the source gets identified, this gives you the information you need to modify your lifestyle. For instance, if you find you have allergies that cause headaches, you can change your lifestyle to eliminate or avoid the things that trigger pain and discomfort.

Holistic treatments such as herbal teas, using essential oils, steam treatments, massage therapy, and acupuncture may also prove helpful in getting rid of headaches that result from any reason including allergies, sinusitis, stress, tension, and alcohol consumption. Resting and sleep may also help combat the pain and pressure that a headache causes.

Physiotherapy, osteopathy, chiropractic and sports massage therapy can all be useful for treating headaches by looking closely at the neck mechanics to see if there is any restriction in the vertebrae or any muscle tension.