Headache help:
If you experience chronic headaches, your doctor may run tests and examine you for signs of illness or other health conditions.

Cluster headaches are painful headaches that come in clusters or cycles. They occur as an intense pain centering around one eye on one side of the head. Cluster headaches are rare, affecting less than 1% of the population, mostly men.4

Headache help: A doctor may prescribe preventive medication for cluster headaches.

Seek medical care right away if:
• Your headache is sudden and severe
• You have a fever, stiff neck, confusion, seizure, double vision, weakness, numbness or difficulty speaking
• You had a head injury
• Your headache gets worse even with rest and pain medication

Help find the cause of the pain
Keeping a headache diary can offer important clues to what may be triggering your headaches. Jot down the date and time of each headache. Take note of your diet, activities, stress, pain medications and other details. Bring it with you to discuss with your doctor.

Sources:

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.