

# What makes your head hurt?



Headaches are one of the most common health complaints.

About 95% of headaches are primary headaches, meaning they are not caused by some other medical condition. Most people can relieve headache pain by making lifestyle changes, learning how to relax, and taking pain relievers. Your doctor may have more suggestions.

Here are the 3 main types of headaches, according to the National Institutes of Health:

- **Tension headaches** can be treated with over-the-counter pain relievers. Stress management, relaxation exercises, or a hot shower may also help.
- **Migraine headaches** can be treated with over-the-counter or prescription drugs. Migraines often happen again and again but may be prevented with prescription drugs. Avoid food and drinks that can trigger migraines, such as caffeine, alcohol, and processed meats. Relaxation practices may reduce the number and severity.
- **Cluster headaches** can be treated or prevented with prescription drugs. Nasal sprays that numb the nose and nostrils may help. Doctors also recommend avoiding alcohol.