

Headaches

Humans have been struggling with headaches since the development of the written record. Ancient Egyptians performed complex rituals or primitive neurosurgery to try and stop migraines and similar complaints. We now understand that demons and imbalanced humors aren't behind head pain, and we have used that knowledge to develop better treatments and preventatives. Handle your headaches before they become a chronic problem by finding the cause and eliminating it with just a few visits.

What are Headaches?

Headaches simply involve pain in the head. However, this pain goes on for hours and hours at a time rather than just a few seconds. Sharp and fleeting pains come with different causes and treatments than an ache that lingers. While the pain may seem like it is in your brain, this isn't true. The nerves triggering the reactions are located on the surface instead, but the cause could be hidden deep inside or come from another part of the body entirely.

Headaches Symptoms

An aching head isn't a very clear indicator of any one problem. In depth descriptions of the symptoms are required to provide a differential diagnosis if testing doesn't provide anything. The doctor may want to know about:

- Pain localized to one part of the head or the scalp itself
- Repetition of the headaches, especially over long periods of time
- Burning or tingling sensations that accompany head pain
- Sensitivity to light, sound, or smells
- Length of each headache

Cause of Headaches

Many headaches set in unexpectedly, like a cloud that ruins a bright and sunny day. Others hang around for weeks, peaking during certain activities. The myriad headache causes include:

- Chronic coughing that stresses the nerves of the neck
- Slumping or slouching
- Consumption of alcohol

- Lack of sleep and stress
- Ear infections
- Misalignment of the spine or neck vertebrae
- Common illnesses like the flu
- Ruptured blood vessels in the brain
- Migraines

Headaches Risks

A headache that is unusually severe or reoccurring should be taken seriously. Call us to schedule an appointment for evaluation and potentially testing such as MRIs or x-rays to ensure your pain isn't linked to serious health risks like the following:

- Blood clots within the brain
- [Stroke](#)
- A concussion due to a fall
- Viral meningitis
- Carbon monoxide poisoning at home or at work
- Aneurysms in the brain
- Brain or spinal tumors
- Toxoplasmosis

Headache Treatment Options

Popping an over-the-counter painkiller might temporarily make the pain fade, but doing that repeatedly over time could damage your liver or kidneys over time too. Migraines and headaches that return as the medications fade deserve more comprehensive treatments. Try a combination of:

- Cervical corrective care to restore the cervical lordosis
- Stress reduction techniques to stop headaches from developing
- Adjustment and manipulation of the spine to release pressure on crucial nerves
- Traction or computer assisted stretching to stop tension in the neck from irritating the head

- Referrals for further treatment if you are facing a life-threatening condition

Banish Headaches from Your Routine

Staring at a computer screen all day or battling with your boss can leave you in major pain when you get home from work. If you have already tried adjusting your lifestyle and avoiding triggers, you might benefit notably from our help. We can offer options that complement what you might already use to control or prevent unwanted head pain. For a better solution for patients in New Haven, Fort Wayne, Woodburn, or surrounding areas who are tired of aching heads interrupting their day, contact us for a prompt consultation.

Call now for a FREE Consultation (260) 493-6565). Consultations can be done online, via the phone, or in person.