

Non-medically?

Developing a relaxation technique can reduce psychological stress and also physically release tensed muscles and influence the neurochemicals circulating around in us. Yoga and meditation are well-recognised relaxation exercises, but doing a nice hobby can be equally or even more effective. Try it and see. If you don't have a hobby already, you really can easily start one. ...Brí has been starting painting groups, for example, which appear well-liked by people new to painting.

Physical therapies, like massage and stretching exercises can work well against muscular pain-related headaches, and they can also be good relaxation in themselves.

Therapies like acupuncture and reflexology can be truly effective, although those two do have completely different approaches. Acupuncture works by releasing natural inside-the-body pain relievers.

Try eliminating foods from your diet which have a record of triggering headaches for some people (particularly migraines). Try eliminating one food at a time to identify a possible trigger. Examples of food triggers are bananas, beans, cheese, chocolate, foods containing monosodium glutamate, nuts, onions, peanut butter, vinegar, yoghurt, even bread.

What's your experience of headaches?

How have you found to relieve or cure headaches? ...

There are many good individual approaches.

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Headaches ...

different types – different solutions?

Headaches are common after brain injuries and are a big problem for many of us. They can also be a bad burden anyway, of course, without brain injury, but then made worse after injury.

While headaches may start or get worse as a result of our brain injuries, and although the brain senses pain, the brain itself feels so pain at all! Headache pain is triggered by sensors in the head's arteries, nerves, muscles and membranes.

Headaches can be very limiting, depending on their type, intensity and how long they last. It can be helpful to understand and sometimes we can find non-medical ways to avoid them, cure them or reduce them.

Having said that, if you experience a change in how headaches happen, you should see your doctor. Unusual headache symptoms or changes in how severe they are, or how they're affecting your quality of life, are definitely reasons to see your doctor.

Four distinct headaches types can cause us pain –

- Musculoskeletal headache
- Tension headache
- Migraine
- Neuralgic pain

If you can make a record of your headaches, it will help to identify if there are triggers which set off your headaches, if there is a particular part of your head where the ache seems to be, and how long they last. These particulars are good to know, because all headache symptoms are treat-able, either to overcome or to help with. This sheet is certainly not medical advice at all. If your headaches persist or change significantly, do definitely see your GP.

Musculoskeletal headache is a very common type of headache. It comes from where it sounds like – muscles and bone around the head and neck. These headaches can come along or can get worse depending on how you move around, such as in bending down or in particular exertions (different for each of us but you may be able to notice what brings on yours). These headaches can also seem to trigger with dizziness or sensitivity to light or sound.

To get over these headaches, manipulative therapy can work (like by a chiropractor, as the best-known example), to reset the fitting-together of muscles and bones – and strengthening spinal muscles can be good, plus improving your posture. Those are preventive remedies, while on the other hand, anti-inflammatory medications and muscle relaxants are more focused on treating the headache symptom.

Tension headache is a painful pressuring feeling all around inside your head. They can be short or long, rare or frequent. They can often start late in a day and can seem to link up with when you feel worried or stressed. Although headache pain can put you off from being physically active, these tension headaches don't get worse with ordinary-level physical activity – sometimes physical activity can even help a tension headache go away.

People who get migraines can be aware of an "aura" before the onset of the migraine. If that's how it is for you, that would be a time to steer off doing anything stressful and maybe to take a painkiller.

Neuralgic pain headache is what can happen when large nerves in the scalp are injured. This type of pain tends to be a shooting, stabbing type of pain in the front and side of the head, sometimes with pain around or behind the eye.

Plus "cluster headaches" & "analgesic-rebound headaches" –

Those above are four main types of headache. There are also so-called cluster headaches, where "cluster" refers to the timing. They can come in clusters, coming and going a few times a day. They are severe, like migraines, and can be related to nerve damage and can have a sharp pulsing type of pain.

Headaches can also come as a reaction to coming off painkillers, whether those painkillers were used for headaches or for other types of pain. They can be called analgesic-rebound headaches – "analgesic" meaning pain-free. Eventually, these headaches do go away, when all trace of the painkillers is gone from your body and there's nothing left to rebound from.

Self-remedies?

There are over-the-counter painkillers in every pharmacy. That's a non-doctor approach though it's still a medical method. But you've got to be careful. Even though simple painkillers are easy to buy, they do have side effects (stomach upset is common, for example).

Also, you can get over-accustomed to painkillers – then they become less effective and there can be a risk of "analgesic-rebound headaches" when you stop taking them. Some people can do well by varying their over-the-counter painkillers, not getting over-accustomed to the same ingredients. Non-medical remedies can be excellent too....