

Headache

in adults



Headaches are a very common and widespread complaint. Headaches are usually harmless and soon go away on their own. They can be caused by various triggers and can also occur as a side effect of other disorders. If headaches occur repeatedly, they may be migraines, tension headaches or cluster headaches.

What can you do yourself to relieve headaches?

- Drink enough (2.5-3 litres a day).
- Eat regular meals.
- Take a walk in the fresh air.
- Reduce stress and allow yourself to rest.
- Avoid alcohol.
- Reduce the strain on your eyes, e.g. caused by screen use.
- Ensure correct posture of the cervical spine.
- Carry out regular relaxation exercises of the neck and shoulder area.
- Peppermint essential oil can be applied to the temples and forehead.
- A cold arm bath has a stimulating effect to clear your head.
- A cold cloth on the forehead has a pain-relieving effect.
- If you still feel affected by headaches, you can take painkillers in the short term. Taking them should always be discussed with a doctor.

How can you find out what triggers your headaches?

With the help of a pain diary, possible triggers for recurring headaches can be identified. When taking painkillers, a diary can also help to determine whether too-frequent use is actually promoting the pain.

When should medical advice be sought?

Contact a doctor in the following cases:

- You have recurring headaches.
- Your headaches get progressively worse.
- Measures or painkillers do not help to alleviate the pain.
- Your headaches lead to nausea and vomiting.

Did your doctor's office just close?

As a rule, it is fine to call on the next working day.

Are you unsure? Then call 1450, the telephone health counselling service.

You can find more information and sources at www.wobinichrichtig.at.



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When should medical advice be sought immediately?

Seek medical help immediately in case of:

very severe headache AND:

- a head injury from an accident.
- it suddenly recurs within a few seconds.
- trouble speaking or remembering things.
- symptoms of paralysis.
- loss of vision.
- confusion.
- very high fever.
- reddened eyes.

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