

Headaches

Although uncomfortable and temporarily disabling, most headaches are not associated with serious illness.

Causes:

Infections such as influenza, sinus infection, ear infection; neck muscle strain, eye muscle strain; exposure to noise; metabolic changes such as hunger, thirst, fatigue, menstruation, lack of sleep, heat exhaustion; tension from stressful situations; foods, allergies, medications; high blood pressure; head trauma, alcohol use.

Treatment:

Relieve acute pain and remove any obvious causes. Limited use of non-prescription pain relievers. Drink plenty of fluids, especially if you have a fever or hangover. Rest, naps and quiet time with lights off can help with relief in some cases. Treat any allergy or infection. Massage of head, scalp and neck can also help with pain relief.

Consult a Healthcare Provider:

Headaches can be serious. If you have an unusually severe headache, a headache that does not go away, frequent headaches, or a headache accompanied by other symptoms, see a healthcare provider. To make an appointment at Student Health Services, 910.521.6219.

Prevention:

As much as possible, avoid the offending activity or substance. Get plenty of rest, eat a balanced diet, and avoid situations that cause stress.