



More than a mere headache

Do you get headaches often? Do they interfere with your life? Do you use pain relievers more than twice a week? If so, talk with your doctor. Some headaches can be triggered by other conditions.

Plus, tension headaches, migraines and cluster headaches may have different symptoms and triggers. You and your doctor can work together to find the cause of your headaches – and the right treatment.



Sometimes a headache may indicate an emergency, like a stroke. For safety's sake, call 911 if you notice any of these danger signs:

- **A sudden, severe headache – the worst you've ever had**
- **A headache that won't go away or is worsening**
- **A headache with fever, a stiff neck, seizures, confusion, or eye or ear pain**



What's behind your headaches?

Keeping a headache diary might reveal clues your doctor needs.

Visit **[Headaches.org](https://www.headaches.org)** and search for "diary" to learn more.

CLICK THE LINK TO TAKE A SHORT QUIZ TO PROVE COMPLETION:
<https://www.surveymonkey.com/r/T3XDWXJ>