

JUNE WELLNESS:

MIGRAINE & HEADACHE AWARENESS



June Is National Migraine & Headache Awareness Month.

Headaches vary in symptoms such as intensity, consistency and specific location of pain. There is a variety of possible causes behind different types of headaches. For example, a throbbing headache could be the result of an excess of caffeine, general head pain could be caused by a fever, and dull and often bilateral pain with tightness of the scalp or neck could be due to tension, stress or depression. *Talking to your physician about your headache is essential*, as they will take into account your medical history and individual circumstances. However, if you'd like to see a general chart of headache symptoms, possible causes, and suggestions for treatment and prevention, click here:

[National Headache Foundation Headache Chart](#)

It is important to know the signs and symptoms which indicate when medical attention is necessary. For information on when to seek medical attention, click here:

[When To Seek a Healthcare Professional](#)

If immediate medical attention is not needed, and after discussing your headaches with your physician, the following tips may be helpful to try:

~ Keep a *dietary log*, so that you can track your food intake to take note of any foods that may be triggers before migraines.

~ Keep a *headache log* (find one here: [headache log](#)) to better understand any patterns or triggers for your headaches.

Discuss any information you have discovered with your physician from either log, so that you can to come up with a plan together.

For additional information, click here:

[Tools for Individuals With Headaches or Migraines](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com