

The Pharmacy

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What are headaches?

A headache is one of the most common forms of pain, and a major reason cited for days missed at work or school and visits to the doctor. In this edition, we'll explore common types of headaches, their causes, and effective ways to manage them.

COMMON TYPES OF HEADACHES



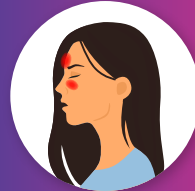
TENSION HEADACHES

The most common type, often caused by stress, anxiety, or muscle strain. They usually feel like a tight band around the head and can last from a few minutes to several hours.



CLUSTER HEADACHES

Less common but extremely painful, these headaches occur in groups or clusters, often around the same time each day. The pain is usually intense and focused around one eye.



SINUS HEADACHES

Caused by inflammation or infection in the sinuses, these headaches are often accompanied by facial pain, congestion, and a runny nose.



MIGRAINES

A more severe form of headache, often accompanied by nausea, vomiting, and sensitivity to light and sound. Migraines can last from a few hours to several days and may require specific treatment.

THE SPOTLIGHT'S ON: At-Home Headache Management

STAY HYDRATED:

Drink plenty of water throughout the day to prevent dehydration related headaches.

AVOID YOUR TRIGGERS:

Learn what generally triggers a headache and avoid those stimuli as best as possible.

CHOOSE QUIET & DARK:

Flickering lights, glare and noise can make headaches worse, especially migraines.

REDUCE STRESS:

You cannot avoid daily stress, but you can learn to manage it, by taking a break if you feel overwhelmed.

OTC PAIN RELIEF:

For occasional headaches, over-the-counter pain relievers like paracetamol and ibuprofen can provide relief.

Know when to seek professional help.

You should seek medical attention if your headache persists or doesn't improve with the steps above.

SAY HELLO TO HEADACHE FREE DAYS



**2 POWERFUL
INGREDIENTS**

Proven effectiveness in relieving acute pain



Rapid onset of action for quick pain relief



Double action pain relief without side effect risk



More cost effective than buying both ingredients separately



**2 WAYS TO
FIGHT PAIN**



**DID YOU
KNOW?**

INTERESTING FACT

BRAIN TISSUE CANNOT FEEL PAIN.

The brain itself does not have pain receptors, and therefore, cannot “feel” pain. Headaches arise from pain-sensitive structures around the brain, such as the scalp, blood vessels, and nerves.

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