

So here we are again with my **10th blog on medical emergencies.**

Headaches



A headache is a pain in your head or face that's often described as a pressure that's throbbing, constant, sharp, or dull. Headaches can differ greatly regarding pain type, severity, location, and frequency.

Headaches are a very common condition that most people will experience many times during their lives. They're the most common form of pain and are a major reason cited for days missed at work or school, as well as visits to healthcare providers.

While most headaches aren't dangerous, certain types can be a sign of a more serious condition.

DO

- Drink plenty of water
- Get plenty of rest if you have a cold or the flu.
- Try to relax – stress can make headaches worse.
- Take Paracetamols or Ibuprofen provided that you are not allergic to them.

DON'T

- Do not drink alcohol.
- Do not skip meals (even if you might not feel like eating anything)
- Do not sleep more than you usually would – it can make the headache worse.
- Do not strain your eyes for a long time – for example, by looking at a screen.

Who do headaches affect?

Anyone can have a headache, including children, adolescents, and adults. About 96% of people experience a headache at least once in their life. About 40% of people across the world have tension-type headaches and about 10% have migraine headaches.

What headache symptoms require immediate medical care?

If you or your child has any of these following headache symptoms, get medical care right away:- A sudden, new, and severe headache. Headache with a fever, shortness of breath, stiff neck, or rash. Headaches that occur after a head injury or accident. Getting a new type of headache after age 55.

Also seek medical care right away if your headache is associated with neurological symptoms, such as: Weakness. Dizziness. Sudden loss of balance or falling. Numbness or tingling. Paralysis. Speech difficulties. Mental confusion. Seizures. Personality changes/inappropriate behaviour. Vision changes (blurry vision, double vision, or blind spots).

Reference: www.my.clevelandclinic.org www.nhs.uk

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

