

Headaches

A headache is a pain in the head. There are different types and causes of headaches.

Sinus Headache

A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose and eyes. The pain is worse when bending forward and when first waking up in the morning. You may have nasal drainage or a sore throat.

Tension Headache

A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders. The muscles in these areas may feel tight.

Migraine Headache

A migraine headache is caused by the swelling of blood vessels in the brain.

Things that may trigger a migraine include:

- Bright or flashing lights, loud noises or strong smells
- Certain foods or drinks such as:
 - Hard cheese
 - Processed meats such as bacon, hot dogs and deli meats
 - Wheat bread or grains with gluten
 - Additives such as artificial sweeteners or MSG
 - Caffeine found in coffee, tea, soft drinks, and chocolate
 - Red wine or other alcoholic drinks

头痛

头痛是头部疼痛。头痛有不同类型和原因。

鼻窦型头痛

鼻窦型头痛引起头前部和面部的疼痛。疼痛由在脸颊、鼻子和眼睛后面的鼻窦肿大而引起。当向前俯身及早晨刚醒来时疼痛更严重。您的鼻子可能有流出物或会喉咙痛。

紧张性头痛

紧张性头痛由头部和颈部中的肌肉紧张引起。紧张性头痛的症状包括眼睛上部和整个头后部钝跳式或持续跳动式的疼痛。疼痛可能扩散到整个头部或转移到颈部和肩部。这些部位的肌肉可能会觉得紧。

偏头痛

偏头痛由脑中的肿胀血管引起。

可能引发偏头痛的事项包括：

- 亮光或闪光、高噪音或强烈气味
- 某些食物或饮料，如：
 - 硬干酪
 - 加工肉食、如咸肉、热狗和熟食肉
 - 小麦面包或带麸的全麦
 - 人造糖精或味精等添加剂
 - 咖啡、茶、软饮料和巧克力中的咖啡因
 - 红酒或其他酒类饮品

- Changes in the weather or air pressure
- Eye strain
- Hormone changes in women such as during a monthly period
- Medicines such as birth control pills
- Oversleeping or not getting enough sleep
- Skipping meals or going too long without eating
- Smoking or being around smoke
- Stress

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise or some smells may worsen these signs. The pain may begin around the eye or temple and tends to be on one side of the head, but it may spread.

There may be warning signs before a migraine called an aura. Warning signs may include:

- Sudden tiredness or frequent yawning
- Visual changes such as blind spots, seeing bright lights, lines or other things that are not there, or blurred vision
- Tingling in an arm or leg

Cluster Headache

A cluster headache causes severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer. It is not known what causes a cluster headache, but there are things that may trigger one including:

- Changes in the amount of daily sunlight during the spring and fall
- Glare from light

- 天气或气压变化
- 眼睛疲劳
- 女性经期荷尔蒙变化等
- 口服避孕药等药物
- 睡眠过多或睡眠不足
- 错过进餐或长时间不吃东西
- 抽烟或在吸烟者附近
- 压力

偏头痛引起强烈疼痛、视力变化以及恶心或呕吐。光、噪声或某些气味可能使这些症状恶化。疼痛可能从眼睛或太阳穴周围开始并更多地在一侧发生，但可能扩散。

发生偏头痛之前可能有称为先兆的警示症状。警示症状可能包括：

- 突然的疲劳或时常打哈欠
- 视力变化，如盲点、看见亮光、线条或并不存在的其他东西或视力模糊
- 一只手臂或一条腿有刺痛

密集型头痛

密集型头痛会引起剧烈头痛。头痛以一批或一群的形式发生。数个星期或数月的一段时期内头痛一天发生 1 次或多次。在一群的周期结束时，头痛会突然停止。头痛时常 6 个月至一年或更长时间都不复发。尚不知晓是什么引起密集型头痛，但是一些事项可能引起头痛，包括：

- 春季和秋季每天日光量的改变
- 眩目的光

- Alcohol
- Smoking
- Certain foods
- Some medicines

Your Care

Your doctor will do an exam. Your care will be based on the signs and type of headache you have. As a part of your care you may need to:

- Take over the counter medicines such as acetaminophen, aspirin, or ibuprofen for headaches, as your doctor orders. **Do not** give aspirin to children. If over the counter medicines do not help your pain, talk to your doctor about prescription medicines.
- Apply heat or cold to your neck or head.
- Get enough sleep.
- Relax, reduce stress and use good posture.
- Eat a healthy diet and do not delay or miss meals.
- Avoid eyestrain.
- Avoid smoke and alcohol.
- Keep a headache diary or calendar to help find and avoid triggers.

Call your doctor **right away** if:

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea and vomiting.
- Your headache is sudden and severe.

- 酒
- 抽烟
- 某些食物
- 某些药物

您的医疗

您的医生将做一项检查。您的医疗将根据您的症状和头痛类型而定。作为您医疗的一个部分，您可能需要：

- 按照医嘱服用医治头痛的柜台即买药，如醋氨酚、阿斯匹林或异丁苯丙酸。**不要**给孩子服用阿斯匹林。如果柜台即买药不能帮您止痛，向您的医生要处方药。
- 对颈部或头部用热敷或冷敷。
- 得到充足的睡眠。
- 放松、减少压力并运用良好姿势。
- 保持饮食健康并不要延迟或跳过进餐。
- 避免眼睛疲劳。
- 避免烟酒。
- 写头痛日记或写下日历以帮助发现并避免诱因。

如有下列症状，请**立刻**打电话给您的医生：

- 头部受伤引起头痛。
- 您吐字不清、视力变化、移动手臂或双腿有困难、失去平衡、意识错乱或丧失记忆。
- 您头痛并伴有发烧、颈部僵直、恶心和呕吐。
- 您的头痛突如其来并很剧烈。

- Your headache gets worse over a 24-hour period or lasts longer than one day.
- Your headache is severe and is near one eye with redness in that eye.
- You have a history of headaches, but they have changed in pattern or intensity.

Talk to your doctor or nurse if you have any questions or concerns.

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

- 您的头痛经过 24 小时后更加恶化或持续超过一天。
- 您头痛剧烈，处于发红的眼睛旁边。
- 您有头痛史，但头痛规律或强度发生变化。

如有任何疑问或关注事宜，请告知你的医生或护士。

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

Headaches. Simplified Chinese