

Headaches

A headache is pain felt 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

頭痛

頭痛是指頭部感到疼痛。頭痛有不同的種類和起因。

竇性頭痛

竇性頭痛是指前額和臉頰感到痛。竇性頭痛係因臉頰、鼻和眼後方竇道腫脹所致。身體前傾和早晨剛醒來時，疼痛尤其劇烈。可能伴有流鼻涕或喉嚨痛。

緊張性頭痛

緊張性頭痛係因頭頸部肌肉緊張所致。緊張性頭痛的表現包括眼睛上方和頭背後的鈍痛或持續性跳痛。疼痛可擴散至整個頭部或蔓延至頸部和肩部。這些部位的肌肉也可能感到緊張。

偏頭痛

偏頭痛係因腦部血管膨脹所致。可引發偏頭痛的因素包括：

- 燈光明亮或閃動、巨大的噪聲或強烈的異味
- 某些食物或飲料，例如：
 - ▶ 硬質乳酪
 - ▶ 火腿、熱狗和熟食肉品等加工肉類製品
 - ▶ 全麥麵包或帶麩質的穀物
 - ▶ 人工增甜劑或 MSG（味精）等附加劑

- ▶ Caffeine found in coffee, tea, soft drinks and chocolate
- ▶ Red wine or other alcoholic drinks
- Changes in the weather or air pressure
- Eye strain
- Hormone changes in women such as during a menstrual 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:

- ▶ 咖啡、茶、軟飲料和巧克力內的咖啡因
- ▶ 紅酒或其他酒類飲料
- 天氣或氣壓的變化
- 眼睛疲勞
- 女性體內的荷爾蒙變化，例如在月經期內
- 避孕藥等藥物
- 睡眠過多或睡眠不足
- 經常不吃飯或太長時間沒有進食
- 吸菸或處於被動吸菸的環境
- 壓力

偏頭痛會導致嚴重頭痛、視力變化和噁心或嘔吐。疼痛可從眼睛或太陽穴周圍開始，往往集中在頭的一側，但可能會擴散。

偏頭痛發作之前可能會出現稱為先兆的警訊，其中可能包括：

- 突感疲乏無力或經常打哈欠
- 視力變化，例如有盲點、看到不存在的亮光、線條或其他東西、或視力模糊
- 手臂或腿有麻感

叢集性頭痛

叢集性頭痛可導致嚴重疼痛。叢集性頭痛的發作有陣發性或叢集性。每隔幾個星期或幾個月，一天發作一次或數次。叢集週期結束時，頭痛突然消失，而再次發作往往是在 6 個月至一年或更長時間以後。目前還不知道叢集性頭痛的病因，但是有些因素可能會引發叢集性頭痛，包括：

- Changes in the amount of daily sunlight during the spring and fall
- Glare from light
- 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 things that trigger your headaches.

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.

- 春秋兩季每天日照量的變化
- 強光照射
- 酒精
- 吸菸
- 某些食物
- 某些藥物

治療

醫生會進行檢查，並依據頭痛的症狀和種類給予治療。作為治療的一部份，您可能需要：

- 遵醫囑服用非處方藥物，例如治療頭痛的 acetaminophen（對乙酰氨基酚）、aspirin（阿斯匹靈）或 ibuprofen（布洛芬）。切勿給兒童服用阿斯匹靈。如果非處方藥物無法緩解疼痛，請向醫生諮詢處方藥物。
- 頸部或頭部熱敷或冷敷。
- 睡眠充足。
- 放鬆、減小壓力和保持良好體姿。
- 保持健康的飲食習慣，不要太晚吃飯或是不吃飯。
- 避免眼睛疲勞。
- 避開吸菸和酒精。
- 寫頭痛日記或記錄，以協助發現和避免引發頭痛的因素。

如發生下列情況，立即打電話給醫生：

- 頭部受傷後出現頭痛。
- 口齒不清、視力變化、手臂或腿活動困難、喪失平衡感、意識不清或記憶力降低。

- You have a headache with a fever, stiff neck, nausea and vomiting.
- Your headache is sudden and severe.
- 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.

- 頭痛伴隨發燒、頸部僵直、噁心和嘔吐。
- 突發嚴重頭痛。
- 頭痛在 24 小時內惡化或持續超過一天。
- 頭痛嚴重、疼痛部位靠近一側眼睛，而且眼睛紅腫。
- 有頭痛史，但規律或嚴重度發生變化。

如有任何疑問或疑慮，請向醫生或護士提出。

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Headaches. Traditional Chinese.