



HEADACHE PREVENTION

HEADACHES ARE VERY COMMON

*Nearly all of us will suffer from
headaches in our lifetime;
however there is surprisingly
little uniformity in the way they
are managed, with a wide range
of professions providing mixed
results and benefits.*






HEADACHES

- Tend to involve nerve irritation.
- Can be described as an ‘ache’, or ‘sharp’, or ‘tight’.
- Can be in the head, face or jaw.



MIGRAINES

- Pain can occur in the eyes, face and forehead and are one sided only.
- Tend to involve nerve irritation as well as reflex changes in the blood supply to the head and face.
- Can be pounding or throbbing, and may be accompanied by sensory disturbances.



HEADACHES & MIGRAINES

Can be '*primary*' –

- Tension and cluster headaches; migraines.

Or '*secondary*' –

- High blood pressures and sinusitis; less commonly tumors and meningitis.



A PROFESSIONAL DIAGNOSIS

IS ALWAYS RECOMMENDED

The majority of cases are not serious

and can be easily managed

or even cured.



Most headaches and migraines have more than one cause

- Neck and jaw problems.
- Ear, nose and throat irritations.
- Eye strain and visual acuity problems.
- Stress, dehydration, menstrual cycle.
- Food triggers, poor dietary habits,
low blood sugar.

The nerve supply to the head, face and neck is like a switchboard which can become overloaded, causing head pain.



This can present as sinus irritation, pain in the wisdom teeth, or tightness through the neck.



Diagnosis: **SEEK PROFESSIONAL ADVICE**

- Your Chiropractor and/or GP can provide you with a diagnosis.
- Other health professionals may have to be consulted – for example a dentist for jaw problems.



TREATMENTS

- *Should always rely on an accurate diagnosis which rules out any life-threatening problems or complications and takes into account the individuals needs.*
- *The most effective treatments take into account all possible contributing factors.*



Treatment should be tailored to the individual patient

- *The majority of headaches are due to poor function - poor dietary habits and poor lifestyle; this can be easily addressed with expert help.*
- *By ensuring better function we can prevent the irritation arising.*



PREVENTION IS BETTER THAN CURE

- *Blood sugar levels & dietary triggers.*
- *Eye strain; neck and sinus problems.*
- *Posture.*
- *Stress management.*
- *Irritants and pollutants.*



RESOURCES

- Speak to your local healthcare professional.
- Speak to your workplace OH&S Officer.
- Call AV Chiro on 3221 1346.