What Does Your Headache Mean?

**Migraine**
Migraine is the most common type of headache. It's typically a one-sided pain, and more likely to impact women.

**Symptoms**
- Aura prior to migraine
- Lightheadedness
- Light sensitivity

**Triggers**
- Stress
- Hormones
- Changes in weather

**Tension**
Tension headaches can be reduced through stress relief. Tension headaches tend to affect both sides of the head, and can be located near the front or back of the head.

**Symptoms**
- Slow onset
- Dull pain on both sides

**Triggers**
- Stress
- Fatigue

**Cluster**
A cluster headache affects men more than women and can often go undiagnosed. Cluster headaches are severe and occur periodically, particularly around one eye.

**Symptoms**
- Restlessness
- Watering eyes
- Congestion

**Triggers**
- Alcohol
- Changes in weather
- Smoking

**Sinus**
Sinus inflammation can cause pain and fever. Sinus headaches can be treated with antihistamines or decongestants. If caused by a bacterial infection, antibiotics may also be used.

**Symptoms**
- Fever
- Pain near eyes
- Congestion

**Triggers**
- Weather
- Allergies

Sources:
- Migraine and headache care: Headaches and Migraine. womenshealth.gov/ssa/preventingmigraine/Headaches.org/2018/02/19/can-migraines-be-prevented