

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING YOUR CHRONIC OR SEVERE HEADACHES/MIGRAINES



- Persistent or intense head pain that may be accompanied by sensitivity to light or sound, nausea, or vomiting.
- Pain may be localized to one side of the head, pulsating or throbbing, and moderate to severe in intensity.

WHAT IT MIGHT INDICATE

- Common conditions: tension headaches, migraines, cluster headaches.
- In rare cases, severe headaches can indicate more serious conditions, such as brain tumors, aneurysms, or elevated intracranial pressure.
- Please note: This document is not intended for self-diagnosis. The causes of headaches can vary widely, and a healthcare professional should evaluate persistent or severe symptoms.

IMMEDIATE ACTIONS

- Try to rest in a quiet, dark room.
- Apply a cool compress to your forehead or neck.
- Stay hydrated and avoid known headache triggers.
- Do not exceed recommended dosages of over-the-counter pain medications.
- Document the frequency, duration, intensity, and characteristics of your headaches, as well as any associated symptoms.

WHEN TO CONTACT US



- If you experience the "worst headache of your life," seek immediate medical attention.
- If your headaches are frequent, severe, or interfere with your daily activities, schedule an appointment with our medical professionals specialized in chronic headaches.
- If your headache pattern changes, or if they're accompanied by new symptoms such as confusion, weakness, or fever, consult your local healthcare provider promptly.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our healthcare professional will ask about your headache characteristics, medical history, and any medications you're taking.
- You may be indicated to undergo neurological examinations or imaging tests (such as MRI or CT scans) to rule out underlying conditions.
- You might receive a referral to a headache specialist or neurologist.

PREPARATION FOR YOUR APPOINTMENT

- Bring a headache diary or notes about your symptoms.
- Provide a list of all medications and supplements you're taking.
- Be ready to discuss any lifestyle factors that may be relevant, such as diet, stress, sleep patterns, and physical activity.
- Consider questions to ask the expert, such as the causes of your headaches, tests needed, and treatment options.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your local healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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