

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING SUDDEN, SEVERE HEAD OR NECK PAIN



- Experiencing an abrupt, intense pain in the head or neck area, which can be sharp, throbbing, or piercing.
- This type of pain is severe and can come on without warning, differing from general headaches or neck aches.

WHAT IT MIGHT INDICATE

- Common conditions: While it could be a severe form of headache, such as a cluster headache, it's important not to dismiss sudden, severe head or neck pain.
- It can indicate critical conditions like arterial tears (dissection), brain aneurysm, stroke, or meningitis.
- Other causes include acute sinusitis, spinal disc issues, or high blood pressure.
- Please note: This document is not intended for self-diagnosis. Sudden, severe pain in the head or neck is a medical emergency that requires immediate evaluation.

IMMEDIATE ACTIONS

- If you experience this kind of pain, especially if it's the "worst headache of your life" or is accompanied by symptoms like confusion, paralysis, difficulty speaking, blurred vision, or fever, seek immediate medical attention.
- Avoid self-medicating with high doses of painkillers before getting a proper diagnosis.
- Note any activities or incidents that occurred before the onset of the pain, such as injury or strain.

WHEN TO CONTACT US



- If you experience sudden, severe head or neck pain, it's crucial to seek immediate medical attention first for urgent evaluation.
- After your immediate medical needs are addressed, if you're seeking further guidance or consultation regarding the incident, you can contact us to arrange an online consultation with our specialists.
- If you have a history of such episodes and they are affecting your quality of life or daily activities, our service can provide guidance and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about the pain, your medical history, and any medications you're taking.
- You may be asked to describe the pain and the circumstances of its onset in detail.
- Based on your symptoms and history, further follow-up or management strategies may be discussed, though immediate or emergency cases will need direct medical intervention.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the severe pain you've experienced and any impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

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

CONTACT US

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