

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING "THUNDERCLAP" HEADACHES



- Experiencing a sudden, severe headache that reaches maximum intensity within minutes, often described as the "worst headache of one's life."
- It may be accompanied by nausea, vomiting, altered mental status, or even loss of consciousness.

WHAT IT MIGHT INDICATE

- Urgent condition: A "thunderclap" headache could be a sign of a subarachnoid hemorrhage (SAH), a life-threatening type of stroke caused by bleeding in the space surrounding the brain.
- Other potential causes include arterial dissection, cerebral venous sinus thrombosis, or other vascular disorders.
- Please note: This is a medical emergency. Immediate evaluation in an emergency department is crucial for a positive outcome.

IMMEDIATE ACTIONS

- If you experience a "thunderclap" headache, seek emergency medical care immediately. Do not wait to see if the pain subsides.
- Avoid driving; call an ambulance or have someone else drive you to the nearest emergency department.
- Do not take pain medication and wait; the cause of the headache needs to be diagnosed as soon as possible.

WHEN TO CONTACT US



- Given the potential severity of "thunderclap" headaches, we recommend immediate emergency evaluation. Contact us after your acute care for follow-up support, additional consultation, or rehabilitation services if necessary.
- For non-emergency inquiries, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- For "thunderclap" headaches, online consultations are not appropriate. Immediate, in-person medical evaluation is necessary.
- For follow-up consultations after emergency care, our specialists can discuss your diagnosis, treatment, and any recommended lifestyle or medication adjustments.

PREPARATION FOR YOUR APPOINTMENT

- For emergency situations like a "thunderclap" headache, online consultation preparation is not applicable.
- For non-emergency, follow-up consultations, have all relevant medical records, test results, and information on medications ready to discuss.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. A "thunderclap" headache requires immediate medical attention.

CONTACT US

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