

Just looking at the position can distinguish 3 common types of headaches

Headache is a fairly common disease in today's life. So how to be able to recognize headaches and appropriate treatment. The following article will show you the signs to distinguish the three most common headaches today.

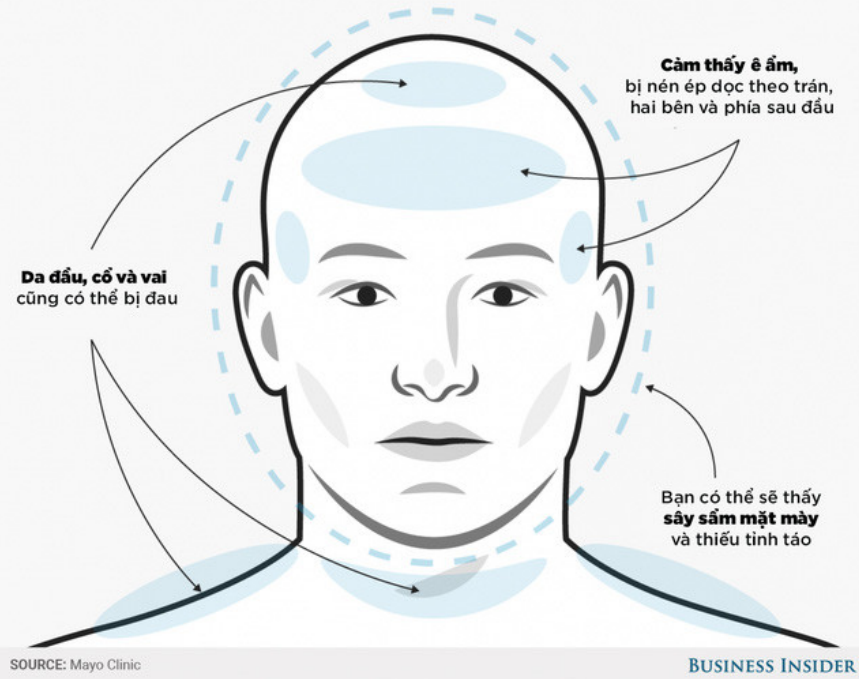
Headaches, also known as headaches, are quite common in most of our lives. The cause of headaches can be stressful work, family conflict, insomnia, long hours of computer use . Headaches can not threaten your life, but it is directly affect our lives.

Many people with headaches often do not understand why and often guess vague and inaccurate. Self-discrimination can help you find the best treatment. So the following article will help you distinguish the 3 most common types of headaches, with each type of headache will appear in any position to help you easily find sharing or medical assistance when necessary.

1. Headaches due to stress

ĐAU ĐẦU DO CĂNG THẲNG

Đau đầu căng thẳng có hai dạng: Mạn tính với cơn đau kéo dài hàng giờ, hầu hết các ngày trong tháng. Đau thành cơn trong 30 phút tới 1 tuần, nhưng không kéo dài quá nửa tháng

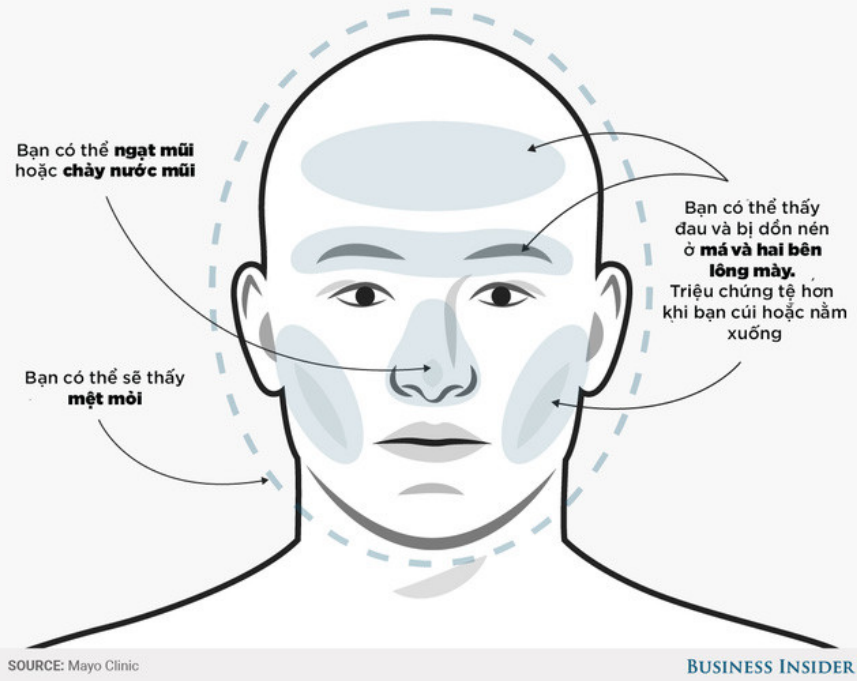


Stress headaches are quite common in today's life. According to a statistic, women often have a higher risk of headaches than men account for nearly 90% and in men is 70%. Although this headache is not dangerous, it causes quite a lot of trouble for those who encounter it.

2. Headache caused by sinusitis

ĐAU ĐẦU DO XOANG

Đau đầu do xoang có triệu chứng như viêm xoang thông thường.



Sinus headaches, especially frontal sinusitis and near-head pain, have the same syndrome, so people often get confused and lead to wrong treatment. A headache caused by sinusitis causes a lot of problems in the life of the patient, the symptoms of the disease or relapse affect the concentration and thinking ability of the patient. Headaches caused by sinusitis that often appear suddenly and prolong the noise make the person extremely uncomfortable. The following points will help you identify the right sinus headaches to be able to treat them promptly and limit their impact.

3. Migraine disease

CHỨNG ĐAU NỬA ĐẦU

Đau nửa đầu thường tiến triển qua 4 giai đoạn.
Nhưng không phải ai cũng trải qua đủ cả 4 giai đoạn ấy.

1. Triệu chứng báo trước

Từ 1-2 ngày trước, bạn sẽ thay đổi tâm trạng, thèm ăn, cứng cổ, hay khát hoặc ngáp vặt

2. Hiệu ứng thoáng qua

Xảy ra trước và trong cơn đau nửa đầu. Bạn sẽ nhìn thấy những đốm hoặc chớp sáng, mất tầm nhìn hoặc cảm giác giật giật trên cơ thể

3. Cơn đau tấn công

Kéo dài từ 4 đến 72 giờ, cơn đau thường chỉ xảy ra ở một bên đầu. Bạn sẽ thấy đau nhói hoặc như búa bổ, khó chịu với ánh sáng, buồn nôn, nôn, nhìn mờ và choáng váng

4. Sau cơn đau

Triệu chứng kéo dài tới 1 ngày sau khi cơn đau đi qua, bạn sẽ thấy buồn rầu, chóng mặt và cảm giác lẫn trí

SOURCE: Mayo Clinic

BUSINESS INSIDER

Migraine is a disease that occurs suddenly and pain like hammering makes people feel pain and discomfort. People with a history of chronic headaches often feel uncomfortable, directly affecting the quality of life. So we need to know where the headaches can be treated if subjective will adversely affect lives.

Wishing you and your family healthy!

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