



Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Headaches

What You Should Know About Headache

During the past year, nearly 90% of men and 95% of women have had at least one headache.

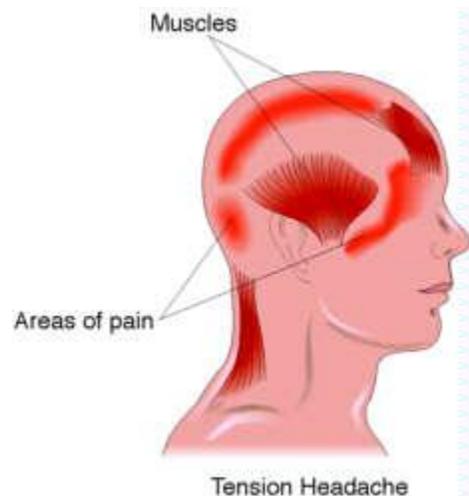
- Most people with a headache use nonprescription pain relievers to treat their symptoms.
- Store shelves hold a remarkable array of pain relievers, so you need more facts than ever to select one that best meets your needs.
- In light of the growing trend towards self-care, you have more responsibility than ever in safeguarding your and your family's health and well-being.
- There are two main types of headache: primary and secondary
 1. Primary headaches include tension-type, migraine, and cluster headaches and are not caused by other underlying medical conditions. More than 90% of headaches are primary.
 2. Secondary headaches result from other medical conditions, such as infection or increased pressure in the skull due to a tumor. These account for fewer than 10% of all headaches.

How Headaches Differ

Tension-type headaches

Tension type headaches are the most common, affecting upwards of 75% of all headache sufferers.

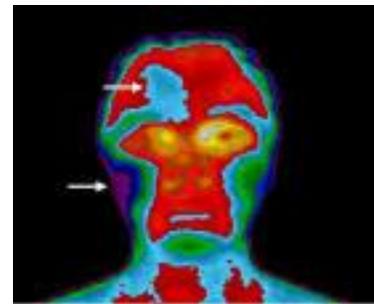
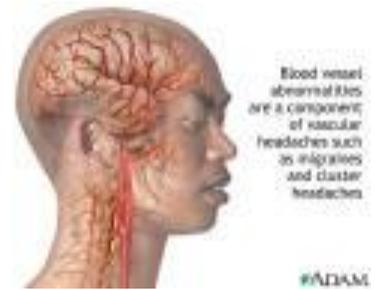
- As many as 90% of adults have had tension-type headache.
- Tension-type headaches are typically a steady ache rather than a throbbing one and affect both sides of the head.
- Some people get tension-type (and migraine) headaches in response to stressful events or a hectic day.
- Tension-type headaches may also be chronic, occurring frequently or even every day.
- Psychologic factors have been overemphasized as causes of headaches.



Migraine Headaches

Migraine headaches are less common than tension-type headaches. Nevertheless, migraines afflict 25 to 30 million people in the United States alone.

- As many as 6% of all men and up to 18% of all women (about 12% of the population as a whole) experience a migraine headache at some time.
- Roughly three out of four migraine sufferers are female.
- Among the most distinguishing features is the potential disability accompanying the headache pain of a migraine.
- Migraines are felt on one side of the head by about 60% of migraine sufferers, and the pain is typically throbbing in nature.
- Nausea, with or without vomiting, as well as sensitivity to light and sound often accompany migraines.
- An *aura* --a group of telltale neurologic symptoms--sometimes occurs before the head pain begins. Typically, an aura involves a disturbance in vision that may consist of brightly colored or blinking lights in a pattern that moves across the field of vision.
- About one in five migraine sufferers experiences an aura.
- Usually, migraine attacks are occasional, or sometimes as often as once or twice a week, but not daily.



Cluster Headaches

Cluster headaches are relatively rare, affecting about 1% of the population. They are distinct from migraine and tension-type headaches.

- Most cluster headache sufferers are male-about 85%.
- Cluster headaches come in groups or clusters lasting weeks or month.
- The pain is extremely severe but the attack is brief, lasting no more than a hour or two
- The pain centers around one eye, and this eye may be inflamed and watery. There may also be nasal congestion on the affected side of the face.
- These "alarm clock" headaches may strike in the middle of the night, and often occur at about the same time each day during the course of a cluster.
- A history of heavy smoking and drinking is common, and alcohol often triggers attacks.

Rebound Headache

Rebound headache may occur among people with tension-type headaches as well as in those with migraines.

- It appears to be the result of taking prescription or nonprescription pain relievers daily or almost every day, contrary to directions on the package label.
- If prescription or nonprescription pain relievers are overused, headache may "rebound" as the last dose wears off, leading one to take more and more pills. This is a good reason to call your doctor!

Headache Triggers

No discussion of headache is complete without mention of headache triggers.

- Stress may be a trigger, but certain foods, odors, menstrual periods, and changes in weather are among many factors that may also trigger headache.
- Emotional factors such as depression, anxiety, frustration, letdown, and even pleasant excitement may be associated with developing a headache.
- Chemical distress may result in head pain. Certain foods with additives may be a trigger.
- Keeping a headache diary will help you determine whether factors such as food, change in weather, and/or mood have any relationship to your headache pattern.

Characteristics Associated with Primary Headaches Help Differentiate Tension-Type Headaches from Migraine

Columns A and B show the symptoms commonly seen in two types of headache. Compare your symptoms with those listed and determine what type of headache you may have by noting whether your symptoms are most like those in column A or B. Some people have both of these types of headache. If your headache are very severe or if you think they are some other type, do not delay in seeking professional medical attention.

Symptom	A Tension	B Migraine
Intensity and Quality of Pain		
Mild-to-moderate	•	•
Moderate-to-severe	•	•
Intense, pounding, throbbing and/or debilitating		•
Distracting but not debilitating	•	
Steady ache	•	
Location of Pain		
One side of head		•
Both sides of head	•	•
Associated Symptoms		
Nausea/vomiting		•
Sensitivity to light and/or sounds		•
Aura before onset of headache such as visual symptoms		•

Note: Rebound headache may have features of tension and/or migraine headache

When to Call Your Doctor of Chiropractic

Although very few headaches are signs of serious underlying medical conditions, call your doctor at once if any of the items below apply to you.

Call your chiropractor if:

- You have three or more headaches per week
- You must take a pain reliever every day or almost daily.
- You need more than recommended doses of over-the-counter medications to relieve headache symptoms
- You have a stiff neck and/or fever in addition to a headache
- Your headache is accompanied by shortness of breath, fever, and/or unexpected symptoms that affect your eyes, ears, nose, or throat
- You are dizzy, unsteady, or have slurred speech, weakness, or changes in sensation (numbness and/or tingling) in addition to your headache
- You experience confusion or drowsiness with your headache
- Your headaches begin and persist after head injury
- Your headache is triggered by exertion, coughing, bending, or sexual activity
- Your headache keeps getting worse and won't go away
- Your headaches have changed in character
- Persistent or severe vomiting accompanies headache
- You have your "first and/or worse" headache
- Your headaches began *after* you reached the age of 50

and, finally, keep in mind that even if you have had headaches for many years, it's still possible to develop a new and possibly more serious type of headache.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we

will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Livaplex
- Min-Chex
- Cataplex G
- Cataplex B
- Cataplex ACP

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use

them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

neck and Thoracic spine

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.