

Headaches and Chiropractic

Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing and some cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? If you frequently experience headaches, ACA suggests the following:



- If you spend a large amount of time in one fixed position, such as in front of a computer, take a break and stretch every 30 minutes to one hour.
- Avoid heavy exercise. Instead, try walking or low-impact aerobics.
- Avoid teeth clenching. The upper teeth should never touch the lowers, except when swallowing.
- Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches.

Research shows that chiropractic can be very effective in relieving headaches caused by tension in the neck; however, patients should also be aware that some severe headaches or headaches accompanied by unusual symptoms could be indicators of a more serious condition, such as the onset of stroke. If you experience any of the following symptoms, seek immediate medical attention:

- The sudden onset of severe headache that is more intense than any headache you have ever had in the past.
- Headache that is accompanied by blurred vision, double vision, trouble swallowing or speaking, or severe dizziness.
- Headache that is accompanied by numbness, tingling, weakness or clumsiness in the arm or legs.
- Headache that is worsened with lying down.
- In older adults, headache in the temple area that is accompanied by a feeling of pulsations in that area.
- Headache that is accompanied by confusion, disorientation or loss of consciousness.
- Headache that is accompanied by fever.
- Headache that is accompanied by a severe stiff neck.
- Headache that is accompanied by persistent or unexplained vomiting.