

What makes your head hurt?

Headaches are one of the most common health complaints. Most people can relieve headache pain by making lifestyle changes, learning how to relax, and taking pain relievers. Your doctor may have more suggestions.

There are three main types of headaches:

- **Tension headaches** can be treated with over-the-counter pain relievers. Stress management, relaxation exercises, or a hot shower may also help.
- **Migraine headaches** can be treated with over-the-counter or prescription drugs. Migraines often happen again and again but may be prevented with prescription drugs. Avoid food and drinks that can trigger migraines, such as caffeine, alcohol, and processed meats. Relaxation practices may reduce the number and severity.
- **Cluster headaches** can be treated or prevented with prescription drugs. Nasal sprays that numb the nose and nostrils may help. Doctors also recommend avoiding alcohol.

