

Healthy You: Quick Facts

The NATION'S HEALTH

Insider tips for handling those horrible headaches

You may feel one coming on, or it might hit out of the blue. However it starts, a headache can ruin your day. Headaches can range from mild numbness to severe pounding. They can last a short or a long time. They can resolve on their own or require medication. Luckily, most headaches can be treated easily and they go away quickly.



Photos courtesy iStockphoto; above by Yuri_Arcurs, below by Pollyana Ventura

Quick facts, detecting food allergies

1 Headaches can be caused by stress or worry. They can also have medical causes, such as high blood pressure. They can be your main problem, or they can be a symptom of other health problems.



2 Noise or light can cause a headache, and can be resolved easily by moving away from the sounds or getting away from the light. Foods and drinks can cause headaches, too, so be aware of what you ingest.

3 Headaches can come from lack of sleep, lack of eating healthy food and not drinking enough water. Sinus and allergy problems are other causes.

4 Most headaches go away on their own or with over-the-counter pain relief medications. If they persist, see your doctor.

5 If you have frequent headaches after exertion, a head trauma or are over age 50, you should see a doctor. You may be suffering from a migraine or something worse. Feeling sick during a headache is another sign of a serious condition.



>> For more information on food allergies, visit www.foodallergy.org.