ATLINEA™

YOUR HEALTH. OUR PASSION.

HEADACHE/MIGRAINE

CHEAT SHEET

A GUIDE FOR THE MOST
COMMON HEADACHE PATTERNS

OVERVIEW

OBJECTIVE

The Headache/Migraine Cheat Sheet was made to help patients understand the potential cause of your head pain.

Many patients with headache disorders are quick to assume that their headache is a migraine, but migraines have very specific criteria

Not all severe headaches are migraines, and treating these headaches with drugs is not always the most efficient way to get better.

Our cheat sheet will provide an overview of common headache patterns to better discuss with your physician.

METHOD

On the following chart, you will be asked to identify key factors that describe your experience of headache.

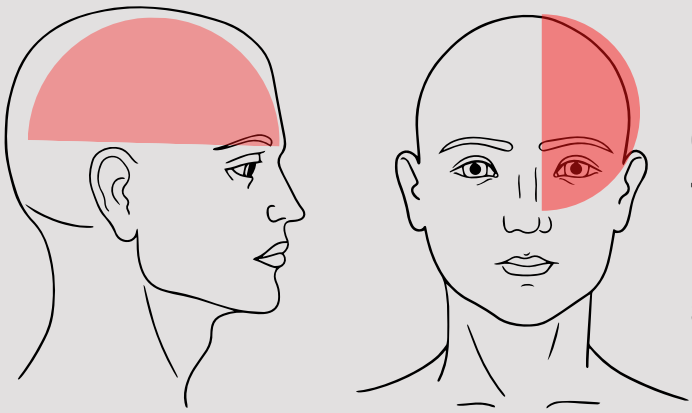
Some readers will be able to identify a single disorder that matches your experience . More than likely, you will be able to narrow it down to 2-3 options.

For additional assistance, make sure to discuss this with your health care provider.

DISCLAIMER

This cheat sheet is for educational purposes only. A diagnosis can only be made by a health care provider who has performed a thorough examination and consultation.

HEADACHE/MIGRAINE CHEAT SHEET

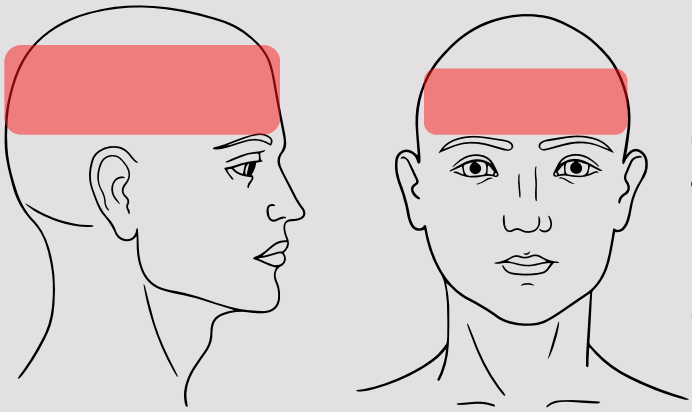


MIGRAINE HEADACHE

Quality: Severe throbbing and pounding pain
Timing: Hours to days with distinct phases
Neuro SX: Visual symptoms, light sensitivity, sound sensitivity, nausea, vomiting

Features: Migraines are a distinct neurological disorder of sensory processing. Almost always has genetic/family history. Usually triggered by smell, food, taste, or visual stimulus. Comes in distinct phases with a pre-headache phase, headache phase, and hangover-like phase.

Non-Drug Treatments: Upper cervical chiropractic, Gammacore Vagus Nerve Stimulation, Trigeminal Nerve Stimulation, Acupuncture, Anti-inflammatory diet



TENSION HEADACHE

Quality: Mild-Severe squeezing pressure pain
Timing: Varies. Worst with stress and end of day
Neuro SX: Usually absent, but can have light and sound sensitivity due to pain

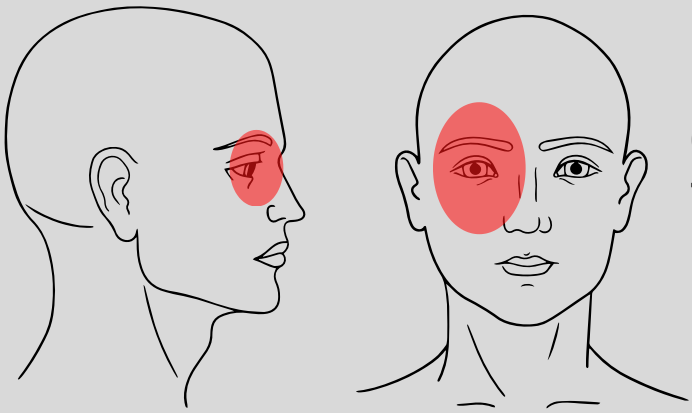
Features: Tension headaches associated with stress and muscle tension. Commonly associated with neck and jaw pain. Severe pain days can be misinterpreted as migraine.

Non-Drug Treatments: Upper cervical chiropractic, Massage, Physical Therapy, Acupuncture, Dental management of TMJ

It's important that this sheet isn't used to definitively diagnose your illness. This is a tool to help you discuss your symptoms with a healthcare provider which can then help guide appropriate testing and treatment.

If you want to discuss this with one of our doctors, feel free to reach out and schedule a virtual consultation by calling **561.247.0044** or emailing us at **frontdesk@chiropractorwellington.com**

HEADACHE/MIGRAINE CHEAT SHEET

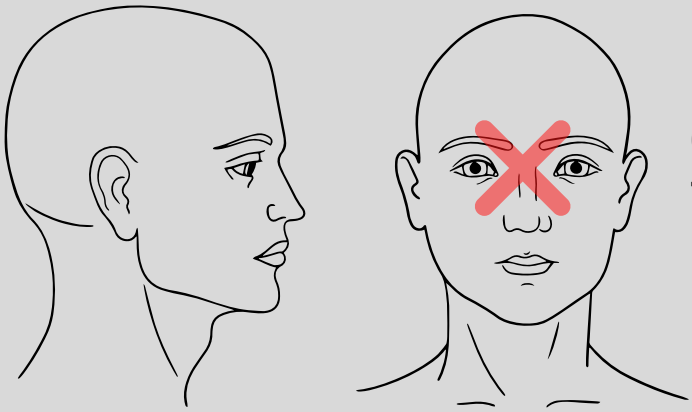


CLUSTER HEADACHE

Quality: Severe stabbing, pick like pain
Timing: Same time, bouts of pain 30-60 min
Neuro SX: Watery eye and nose. Redness of eye

Features: Cluster headache is a circadian/autonomic disorder. It affects sufferer consistently at the same time usually at night. Patient experiences repeated bouts of extreme pain.

Non-Drug Treatments: Medical oxygen, Gammacore Vagus Nerve Stimulation, Upper Cervical Chiropractic



SINUS HEADACHE

Quality: Mild-Severe pressure sensation
Timing: Constant with sinus congestion
Neuro SX: None.

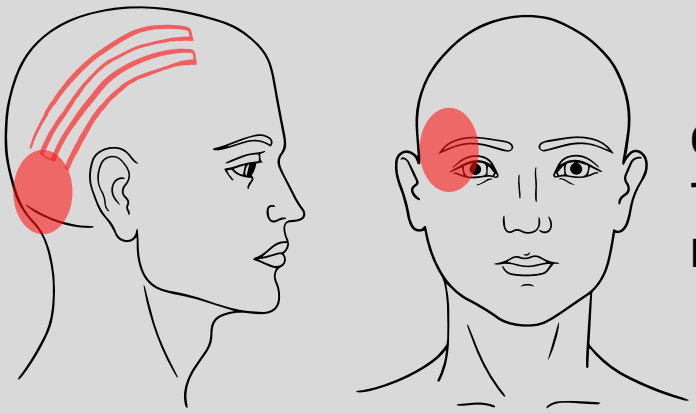
Features: Congestion in the nose and head can lead to headache of varying severity near the eyes, nose, and forehead

Non-Drug Treatments: Cranial manipulation, Nasal irrigation, cranial massage.

It's important that this sheet isn't used to definitively diagnose your illness. This is a tool to help you discuss your symptoms with a healthcare provider which can then help guide appropriate testing and treatment.

If you want to discuss this with one of our doctors, feel free to reach out and schedule a virtual consultation by calling **561.247.0044** or emailing us at **frontdesk@chiropractorwellington.com**

HEADACHE/MIGRAINE CHEAT SHEET

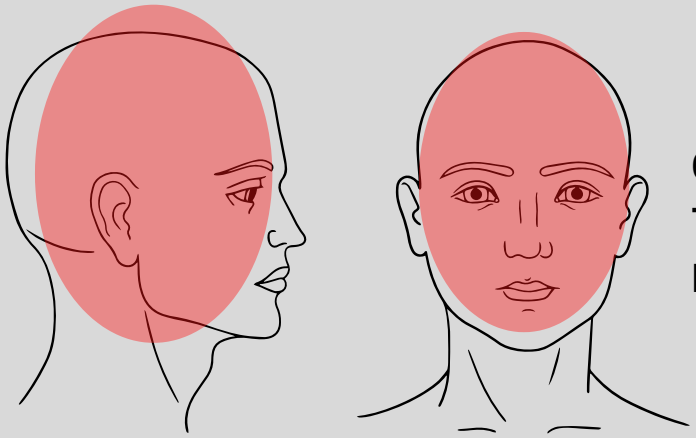


OCCIPITAL HEADACHE

Quality: Moderate-Severe stabbing/electric pain
Timing: Minutes - Hours. T
Neuro SX: Watery eye and nose. Redness of eye

Features: Irritation, compression, or inflammation of the greater occipital nerves in the back of the head/neck create a sharp, sometimes radiating on top of the head or to the eye.

Non-Drug Treatments: Upper cervical chiropractic, occipital nerve stimulation, Prologel



CHRONIC PAIN HEADACHE

Quality: Moderate to severe ache
Timing: Constant
Neuro SX: None.

Features: Headache driven by central sensitization of spinal cord pain pathways. Usually coincides with other pain conditions (Fibromyalgia, TMJD, chronic neck pain). May also be related to medication overuse headache patterns.

Non-Drug Treatments: Upper cervical chiropractic. Pain Neuroscience Education Therapies. Cognitive Behavioral Therapy

It's important that this sheet isn't used to definitively diagnose your illness. This is a tool to help you discuss your symptoms with a healthcare provider which can then help guide appropriate testing and treatment.

If you want to discuss this with one of our doctors, feel free to reach out and schedule a virtual consultation by calling **561.247.0044** or emailing us at **frontdesk@chiropractorwellington.com**