

Frequent Headaches Part 1

Frequent headaches

Do You Suffer From Frequent Headaches?

Have you ever suffered from frequent headaches? Do they happen at least once a month? Does it concern you that there could be reasons for these frequent headaches? If you answered yes to any questions posed, then read on.

It is quite easy just to ignore headaches that occur frequently. With all the stressors today, it would be simple to just put the incidences of headaches at the back of your mind. There may be reasons that you should not ignore these headaches, however.

As you may or may not know, there are many types of headaches. Frequent headaches can just be from tension headaches or chronic daily headaches. Many doctors relate that many of their patients are frequent headache sufferers. At some practices, this may account for up to 80% of their patients.

Interestingly enough, it is the very usage of pain medications that contributes directly to the frequency of these headaches. These medications can actually decrease your body's ability to deal of pain thus causing the very headaches that you are trying to treat. The rebound or frequent headache sufferer will have to endure going through these headaches without any medication. Of course, many patients will still require treatment for symptoms such as nausea or vomiting and diarrhea. In some cases, the use of corticosteroids may benefit the patient.

To read part 2.....

[headaches](#)

About the Author

The author has written an e-book about this debilitating condition.

[cluster headaches](#)

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