

This flyer has been produced in the framework of the project entitled "Reducing access inequalities in primary healthcare for socially significant diseases at CB Area's deprived communities" with the acronym <equal2health>, which is implemented under the CP INTERREG V-A "Greece-Bulgaria 2014-2020" with partners from Greece and Bulgaria. The contents of the flyer are sole responsibility of CVT Nefeli and can in no way be taken to reflect the views of the European Union, the participating countries the Managing Authority and the Joint Secretariat.



NATIONAL HEALTH INSURANCE  
 FUND - REGION SMOLYAN



MUNICIPAL HOSPITAL  
 OF DEVIN



DIAGNOSTIC AND CONSULTING  
 CENTER "ALEKSANDROVSKA"

As part of the project in the region of Greece, two structures have been established and running providing free medical examinations and counselling for cardiovascular, neurological and psychiatric conditions:

- 1) The "Observatory equal2health" of socially significant diseases in the Program area; Psychiatric Hospital of Thessaloniki, located on 196 Lagada Street, post code 56430, Stavroupoli, telephone number 2313-324268 (Monday and Wednesday 15:00-20:00)
- 2) The Pilot Local check-up centre equal2health of socially significant diseases in the city of Diavata in Thessaloniki «SOS DCP CENTER Diavata equal2health» located on 2 Panagiotou Spyrou street, post code 57008, telephone number 2310 -788630 (extension 407) (Monday to Thursday 15:00-20:00)



# HEADACHE

What do I need to know

## What is defined as a headache?

A headache is one of the most common medical symptoms. Most people will experience symptoms of a headache at least once in their lifetime and many experience it frequently. A headache can occur due to anxiety or emotional distress or it can be a result of a medical condition such as migraine, hypertension or depression.

## What are primary headaches?

Tension headaches are the most common type of headaches, occurring usually in women over the age of 20. They are usually described as tightening (tension) pain around the head, and are caused by muscle contractions in the neck and skull.

Cluster headaches cause unbearable, burning pain in part of the head or behind the eye, (often described as a burning sensation in a section of the head). Other symptoms might include lacrimation (tearing), nasal congestion or rhinorrhoea (runny nose). It usually affects men between the age of 20-40 years old.

Migraine is characterised by throbbing hepatic bilateral pain primarily located in the area of the eye socket, the frontal lobe or the foramen magnum (occipital).

The patient usually lies in a dark room for a few hours due to the disturbance caused by noises, voices or even light and may display tendencies to vomit. Very often there is family history of migraines. The patients may also display symptoms of aura (dark spots, blurred vision, flushing lights or floaters) prior to the onset of a migraine.

## What are the causes of a migraine?

There are different triggers that can lead to a migraine attack including:

- Hormonal changes
- Stress
- Certain foods such as cheese and Chinese
- Lack of sleep or oversleeping
- Bright, intense light
- Changes in barometric pressure
- Alcohol
- Lack of caffeine

## When should I worry about a headache?

Most headaches are not classed as an emergency or a life threatening situation. Yet, we have to contact our doctor immediately after a head injury if and whether our headache is accompanied by any of the following symptoms:

- Fever
- Vomiting
- Facial numbness
- Weakness of a limb
- Convulsions
- Dizziness and confusion

## How is headache treated?

A simple headache can usually be treated with painkillers, available without prescription. In more severe cases, the patient must see a neurologist for specific treatment.

Patients who suffer from migraines with a frequency of three or more times per month, prophylactic treatment is recommended.

## Prevention

Maintaining a healthy lifestyle and a good night's sleep are the best way to protect yourself from headaches. The basic precautions are:

- Avoid certain foods
- Avoid excessive coffee consumption
- Adequate sleep
- Frequent physical exercise
- Relaxation techniques such as massage, physiotherapy