Cluster Headaches

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Author Note

Cluster headaches are occurred for a short period of time but it can be very painful for a weeks or months. Cluster headaches are mainly affect middle-aged or older men. The pains begin at the level of the temple and the eye, therefore reaches to the face and the skull. They are invariably and without exception on the same side. The intensity of pain increases rapidly and reaches its peak in 20 minutes. The pains usually go away completely after one to two hours. These headaches often occur at the same time of day or night (Levin, 2019). In general, seizures occur in "clusters" that last several days, or even weeks, before disappearing often for several months.

Unlike the causes of tension headaches or migraine headaches, the medical causes of cluster headaches are still unknown. Nevertheless, the treatment of these headaches requires medical monitoring. It is believed that these pains could be caused by inflammatory attacks of nerve fibers and blood vessels in the brain (Kovarik, & Kovarik, 2018). Some of the causes of cluster headaches are: triggers and environmental influences, alcohol, even in small quantities, nicotine, histamine, “a chemical mediator that is naturally present in the body and is also found in many foods”, medications, such as “nitroglycerin or calcium antagonists”, used in the treatment of heart problems, exposure to a bright and blinding light and weather conditions.

The medical treatment for this problem is the “subcutaneous injection of analgesic”, done by the doctor or the patient himself, can calm the crisis in a few minutes. Secondly, the administration of pure oxygen is another form of effective treatment.

References

Kovarik, J. E., & Kovarik, K. R. (2018). U.S. Patent No. 9,987,224. Washington, DC: U.S. Patent and Trademark Office.

Levin, E. L. (2019). Cluster headache. Pain Neurosurgery, 125.

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