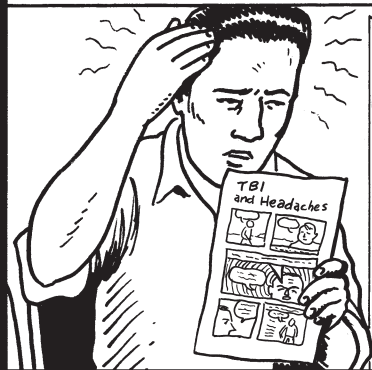


Traumatic Brain Injury and Headaches



LATER, AT THE DOCTOR'S OFFICE...



I'M AFRAID THE HEADACHES ARE FROM MY INJURY. DO YOU THINK SOMETHING IS WRONG?

WELL, THEY COULD BE FROM YOUR TBI...



...BUT I'M MOSTLY CONCERNED THAT THE PAIN IS INTERFERING WITH YOUR LIFE.

SO, WHAT CAN WE DO?



In the first one to two days after your TBI or concussion bleeding is still a concern. You should go to the emergency room immediately if you have a headache and:

...the pain continues to get worse,

...you vomit or feel nauseous from a headache,

...you have weakness in an arm or leg OR trouble speaking,

...you feel increasing sleepiness

I CAN'T TREAT YOUR HEADACHES UNTIL WE CAN KNOW WHAT TYPE THEY ARE.

THERE ARE DIFFERENT KINDS OF HEADACHES?

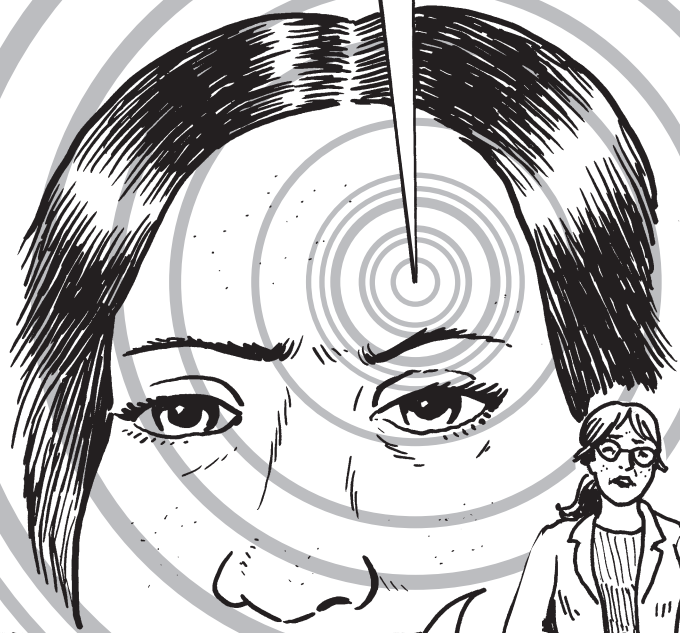
OH YES! THERE ARE LOTS OF TYPES OF HEADACHES. BUT **FOUR** ARE **COMMON** AFTER TBI...



MIGRAINE HEADACHES

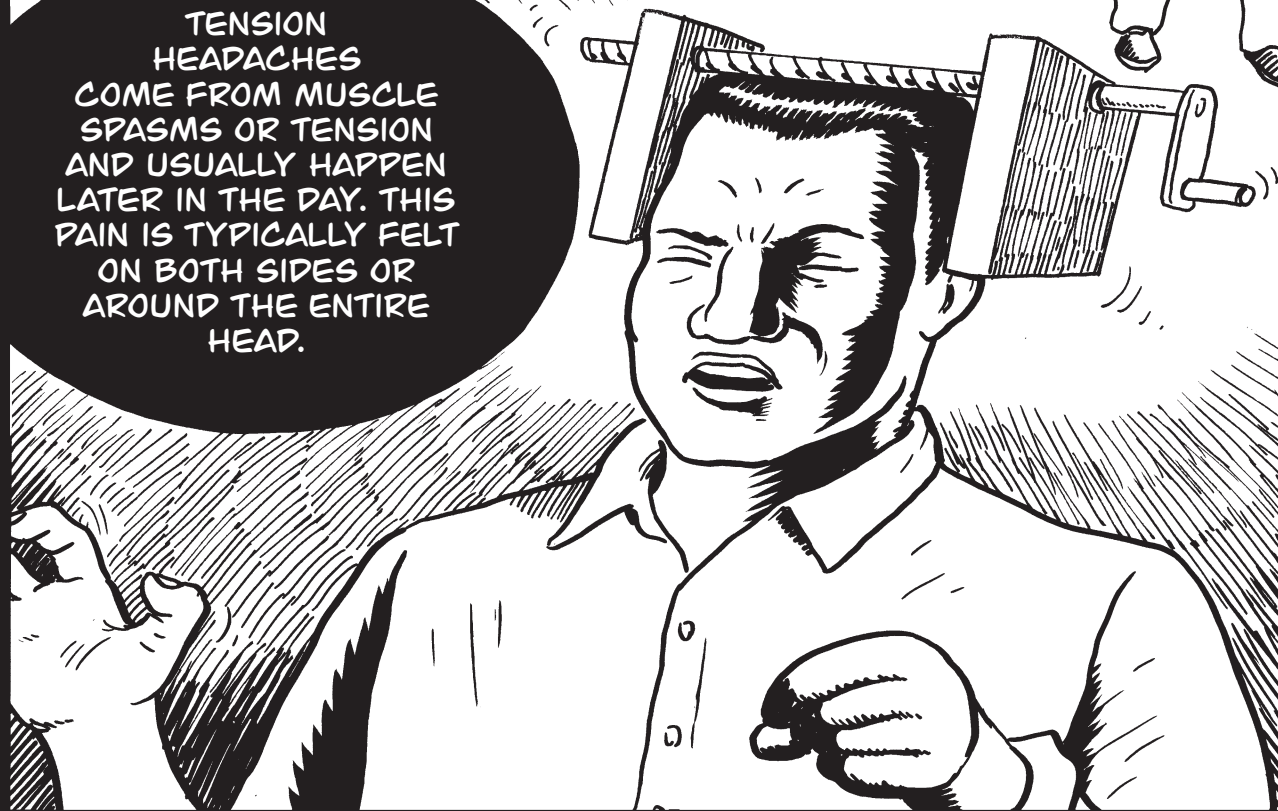
PEOPLE MIGHT BE SENSITIVE TO LIGHT AND SOUND, AND THEY OFTEN FEEL NAUSEATED OR VOMIT. MANY PEOPLE GET A "WARNING" SIGNAL BEFORE A MIGRAINE, THIS IS CALLED AN "AURA". SEEING BRIGHT LIGHTS OR SPOTS ARE TWO COMMON AURAS

MIGRAINES HAPPEN WHEN A PART OF THE BRAIN BECOMES VERY SENSITIVE. THIS CAN SEND RIPPLES OF THROBBING PAIN TO OTHER AREAS. MIGRAINES ARE USUALLY ON ONE SIDE OF THE HEAD.



TENSION HEADACHES

TENSION HEADACHES COME FROM MUSCLE SPASMS OR TENSION AND USUALLY HAPPEN LATER IN THE DAY. THIS PAIN IS TYPICALLY FELT ON BOTH SIDES OR AROUND THE ENTIRE HEAD.



CERVICOGENIC HEADACHES

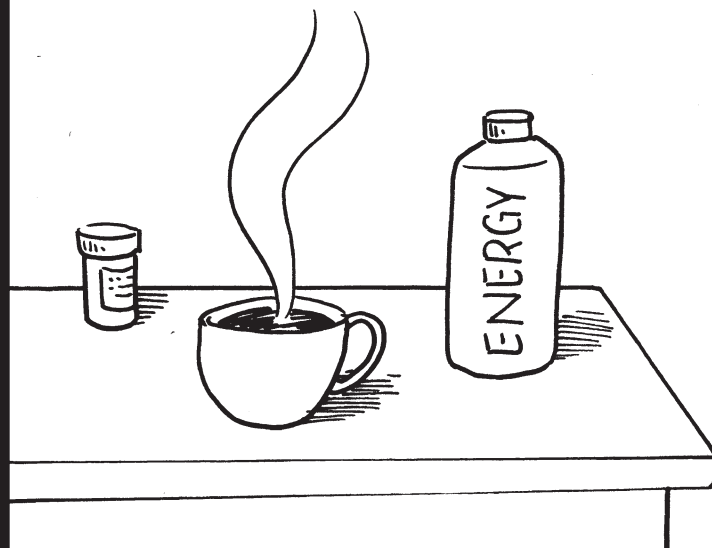
NERVES IN YOUR NECK AND AT THE BASE OF YOUR HEAD RUN TO YOUR SKULL AND SCALP. THEY CAN CARRY PAIN SIGNALS TO OTHER PARTS OF YOUR HEAD.

MOVING YOUR NECK OR HOLDING YOUR HEAD IN CERTAIN POSITIONS CAN MAKE THE PAIN FROM CERVICOGENIC HEADACHES WORSE.

IF YOU REGULARLY HAVE CAFFEINE, LIKE COFFEE, TEA, OR ENERGY DRINKS YOU CAN GET A HEADACHE IF YOU DON'T HAVE AS MUCH AS NORMAL. THESE CAFFEINE HEADACHES ARE ALSO CALLED REBOUND HEADACHES.

REBOUND HEADACHES

REBOUND HEADACHES CAN ALSO HAPPEN IF YOU MISS DOSES OR HAVE TOO MUCH PAIN MEDICATION..



SO...HOW DO WE
KNOW WHAT KIND
THESE ARE?

I'D LIKE YOU TO KEEP A
HEADACHE DIARY SO I HAVE
GOOD INFORMATION ABOUT
WHAT'S HAPPENING.

HEADACHE
DIARY?

YES, HERE'S A SAMPLE.
JUST FILL IN THE BOXES EVERY DAY
WITH INFO ABOUT YOUR HEADACHES.
WE'LL GO OVER IT TOGETHER AFTER
TWO WEEKS

Headache Diary

PAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	TH
DATE					
HAVE YOU HAD A HEADACHE TODAY? Y/N					
PLEASE RATE YOUR PAIN, (ON A SCALE OF 1-10 WITH 10 BEING THE WORST POSSIBLE PAIN, AND 1 BEING THE LEAST)					
DID YOU MISS WORK OR DAILY ACTIVITIES BECAUSE OF YOUR HEADACHE? Y/N					
DID YOU TAKE ANY MEDICATION FOR YOUR HEADACHE TODAY? Y/N					
IF YES, WHAT KIND OF MEDICATION DID YOU TAKE FOR YOUR HEADACHE?					
DID YOUR HEADACHE GET BETTER? Y/N					

DR K WAS ABLE TO TELL BY
EXAMINING ME THAT MY HEADACHES
WEREN'T DUE TO BLEEDING.

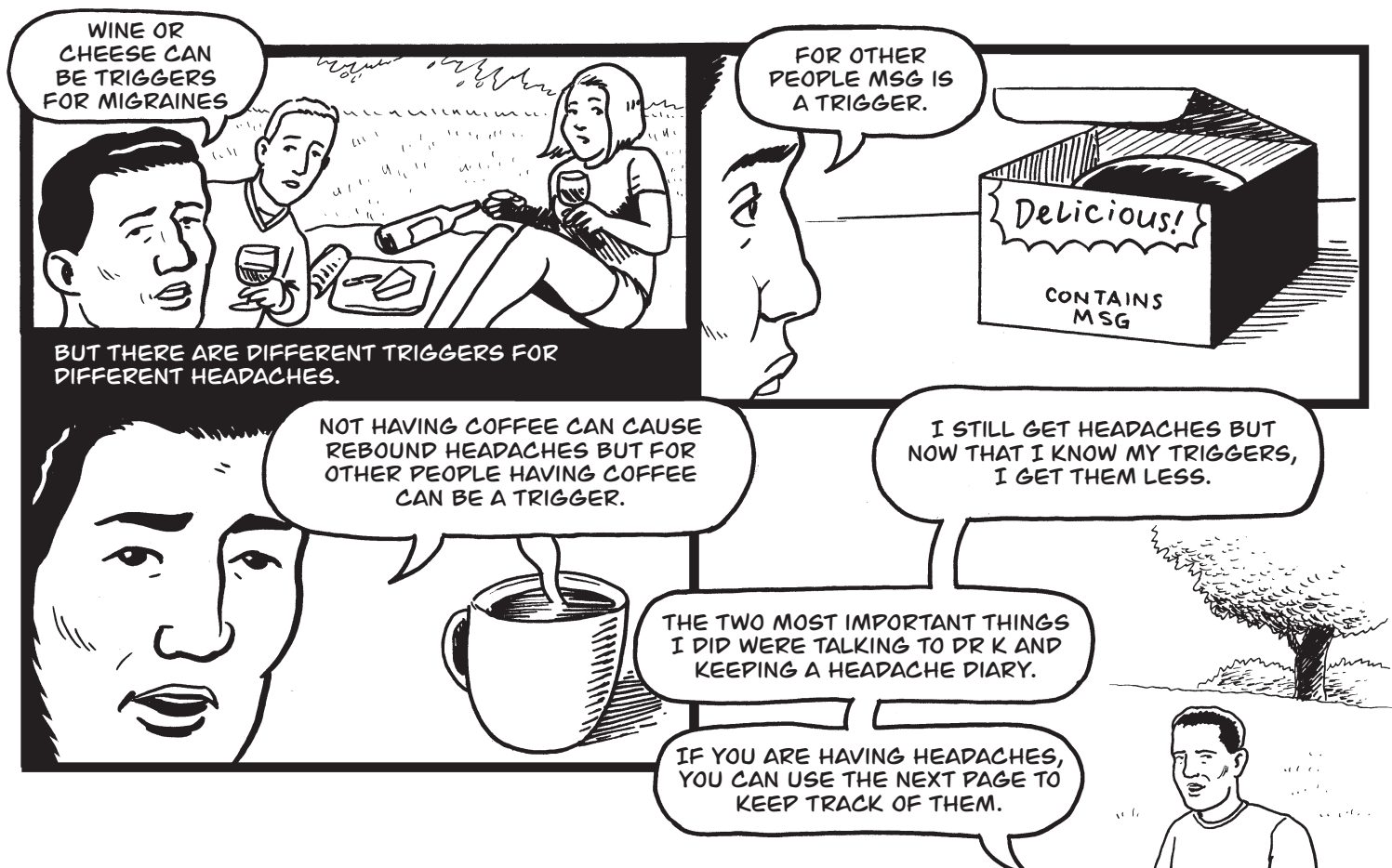
TWO WEEKS
LATER...

THE INFO FROM MY
HEADACHE DIARY SHOWED
US THAT MY HEADACHES
WERE CAUSED BY STRESS



PAPER
JAM!

I HAVE TENSION
HEADACHES. KNOWING
THIS HELPED US DEVELOP
A TREATMENT PLAN.



AUTHORSHIP AND ILLUSTRATION

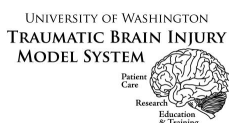
Traumatic Brain Injury and Headaches was written by Silas James and illustrated by David Lasky.

SOURCE

The health information presented in this InfoComic is based on evidence from research and/or professional consensus and has been reviewed and approved by an editorial team of experts from the TBI Model Systems.

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Headache Diary

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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