

头痛

Headaches

A headache is pain felt in the head. There are different types and causes of headaches.

Sinus Headache

A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose, and eyes. The pain is worse when bending forward and first waking up in the morning. You may have nasal drainage or a sore throat.

Tension Headache

A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders. The muscles in these areas may feel tight.

Migraine Headache

A migraine headache is caused by the swelling of blood vessels in the brain. Things that may trigger a migraine include:

- Bright or flashing lights, loud noises, or strong smells
- Certain foods or drinks such as:
 - Hard cheese
 - Processed meats such as bacon, hot dogs, and deli meats
 - Wheat bread or grains with gluten
 - Additives such as artificial sweeteners or MSG

头痛是指头部感到的疼痛。头痛原因各不相同。

鼻窦头痛

鼻窦头痛会导致头前和面部疼痛。疼痛是由脸颊、鼻和双眼后的鼻窦通道肿胀引起的。当弯腰及早晨醒来时，疼痛更为严重。可能会伴发鼻腔引流或咽喉痛。

紧张性头痛

紧张性头痛是由头部和颈部肌肉紧张引起的。紧张性头痛的症状包括双眼上方和后脑勺持续隐痛。疼痛可能会扩散至整个头部，或转移至颈部和肩部。这些部位的肌肉可能会感到紧绷。

偏头痛

偏头痛是一类由脑部血管肿胀引起的疼痛。可能引发偏头痛的因素包括：

- 强光或闪灯、高噪声或强烈的气味
- 某些食物或饮料，如：
 - 硬干酪
 - 培根、热狗和熟食等加工肉类
 - 小麦面包或面筋谷物
 - 添加剂，如人造甜味剂或味精

- Caffeine found in coffee, tea, soft drinks, and chocolate
- Red wine or other alcoholic drinks
- Changes in the weather or air pressure
- Eye strain
- Hormone changes in women, such as during a menstrual period
- Medicines such as birth control pills
- Oversleeping or not getting enough sleep
- Skipping meals or going too long without eating
- Smoking or being around smoke
- Stress

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise, or some smells may worsen these signs. The pain may begin around the eye or temple and tends to be on one side of the head, but it may spread.

There may be warning signs before a migraine called an aura. Warning signs may include:

- Sudden tiredness or frequent yawning
- Visual changes such as blind spots, blurred vision, or seeing bright lights, lines, or other things that are not there
- Tingling in an arm or leg

Cluster Headache

A cluster headache causes severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer. It is not known what causes a cluster headache, but some things may trigger one, including:

- Changes in the amount of daily sunlight during the spring and fall
- Glare from light

- 咖啡、茶、软饮料和巧克力中含有的咖啡因
- 红酒或其他酒精饮料
- 天气或气压变化
- 眼疲劳
- 女性体内的激素变化，如月经期
- 避孕药等药物
- 睡眠过度或睡眠不足
- 三餐不正常或长时间不进食
- 吸烟或二手烟
- 压力

偏头痛会引起剧烈疼痛、视力改变、恶心或呕吐。光线、噪音或一些气味可能会加重这些症状。疼痛可能始于眼部或太阳穴周围，偏于头部一侧，但可能会扩散。

偏头痛发作前可能会有先兆。先兆症状包括：

- 突然倦怠或经常打哈欠
- 视觉变化，如盲点、视线模糊或看到亮光、线条或其他不存在的东西
- 单臂或腿部刺痛

丛集性头痛

丛集性头痛会导致严重的头痛。头痛以丛集或集束的形式出现。在几周或几个月的周期内，每天发生一次或多次。在丛集周期结束时，头痛会突然停止。通常在 6 个月至 1 年或更长时间内不会复发。目前尚未获知丛集性头痛的原因，但某些因素可能会引发丛集性头痛，包括：

- 春秋季每日日照量的变化
- 眩光

- Alcohol
- Smoking
- Certain foods
- Some medicines

Your Care

Your doctor will do an exam. Your care will be based on your symptoms and type of headache. As a part of your care, you may need to:

- Take over the counter medicines such as acetaminophen, aspirin, or ibuprofen for headaches, as your doctor orders. Do not give aspirin to children. If over the counter medicines do not help your pain, talk to your doctor about prescription medicines.
- Apply heat or cold to your neck or head.
- Get plenty of sleep and exercise.
- Relax, reduce stress, and use good posture.
- Eat a healthy diet and do not delay or miss meals.
- Avoid eyestrain.
- Avoid smoke and alcohol.
- Keep a headache diary or calendar to help find and avoid things that trigger your headaches.
- Limit caffeine by not drinking too much coffee, tea, or soda. Do not quit caffeine suddenly because that can also give you headaches.

Call your doctor right away if:

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea, and vomiting.

- 酒精
- 吸烟
- 某些食物
- 某些药物

医疗护理

医生会针对疼痛开具一些检查。将基于您的症状和头痛类型确定您的诊疗方案。作为治疗的一部分，您可能需要遵循下列要求：

- 按照医生的指示服用对乙酰氨基酚、阿司匹林或布洛芬等非处方药治疗头痛。切勿向儿童给予阿司匹林。如果非处方药无法舒缓疼痛，请向医生咨询处方药。
- 热敷或冷敷颈部或头部。
- 充足的睡眠和锻炼。
- 放松，减轻压力，保持良好的姿势。
- 健康饮食，切勿推迟或错过用餐。
- 避免眼疲劳。
- 避免烟酒。
- 记录头痛日记或日历，以帮助发现并避免引发头痛的因素。
- 限制咖啡因的摄入，避免饮用过量咖啡、茶或苏打水。切勿突然戒断咖啡因，该变化也可能导致头痛。

如果发生以下情况，请立即联系医生：

- 头部损伤引起头痛。
- 出现口齿不清、视力改变、难以移动双臂或双腿、丧失平衡、混淆或记忆减退的症状。
- 头痛伴发热、颈部僵硬、恶心和呕吐。

- Your headache is sudden and severe.
 - Your headache gets worse over 24 hours or lasts longer than one day.
 - Your headache is severe and is near one eye with redness in that eye.
 - You have a history of headaches, but they have changed in pattern or intensity.
- 头痛突然而剧烈。
 - 头痛在 24 小时内加重或持续超过一天。
 - 头痛严重且疼痛位置靠近一侧发红的眼睛。
 - 有头痛史，但头痛的模式或强度发生变化。

Talk to your doctor or nurse if you have any questions or concerns.

如有任何疑虑，请咨询医生或护士。