

Do you know your headache type?

Many people suffering from headache often get prescriptions for medicines although they do not know the kind of headache they have. Research has revealed that there is cluster headache apart from the usual headaches people complain of. The research, reviewed by Dr Deborah Wheatherspoon from a medical review team, says cluster headaches occur several times a day.

They start suddenly, last for a limited time and can be very painful. With cluster headache, attacks occur cyclically. A bout of regular attacks known as a cluster period, can last a few days, weeks or months. This is followed by remission periods, during which there are no headaches.

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