

## Contact Information

### NNI@TTSH

Tan Tock Seng Hospital, NNI Block, Neuroscience Clinic  
11 Jalan Tan Tock Seng, Singapore 308433  
Main Tel: (65) 6357 7153  
Appt. Tel: (65) 6330 6363  
Email: [appointments@nni.com.sg](mailto:appointments@nni.com.sg)  
Website: [www.nni.com.sg](http://www.nni.com.sg)



### NNI@SGH

Singapore General Hospital, Block 3, Clinic L  
Outram Road, Singapore 169608  
Main Tel: (65) 6222 3322  
Appt. Tel: (65) 6321 4377  
Email: [appointments@sgh.com.sg](mailto:appointments@sgh.com.sg)  
Website: [www.nni.com.sg](http://www.nni.com.sg)



### NNI@CGH

Changi General Hospital  
2 Simei Street 3  
Singapore 529889  
Appt. Tel: (65) 6850 3333

### NNI@KKH

KK Women's and  
Children's Hospital  
100 Bukit Timah Road  
Singapore 229899  
Appt. Tel: (65) 6294 4050

### NNI@KTPH

Khoo Teck Puat Hospital  
90 Yishun Central  
Singapore 768828  
Appt. Tel: (65) 6555 8828

### NNI@SKH

Sengkang General Hospital  
110 Sengkang East Way  
Singapore 544886  
Appt. Tel: (65) 6930 6000



Scan the QR code to learn  
more about other  
Neuroscience conditions

## Neurology Department



The National Neuroscience Institute operates out of  
two main campuses (TTSH, SGH) and  
four partner hospitals (CGH, KKH, KTPH, SKH).



# Headaches

Brochure content serves as a guide only  
Seek the advice of your doctor for more details

Information correct as of April 2020



National  
Neuroscience Institute  
SingHealth

## Understanding Headaches

Headaches are common medical complaints. For most, a headache is an annoyance that comes and goes. But when they start to occur regularly, studies, work, family and social activities can be affected. It can also cause significant concern and anxiety.

Fortunately, most headaches are not an indication of a serious medical condition and can be treated. However, medical attention should be sought for frequent or severe headaches.

## Types of Headaches

### • Migraine



Pain begins or stays on one side of the head

- Throbbing pain of moderate to severe intensity
- Physical activities make headaches worse
- Sensitivity to light, sound and smell
- Nausea or vomiting
- May be preceded by flashing lights
- Other symptoms, e.g. seeing zigzag lines and tingling or numbness of limbs

These associated symptoms may occur before or during a headache, and usually lasts an hour or less.

### • Tension Headache

Feels like a tight band pressing around the head



- Pain is usually dull, steady and not throbbing
- No nausea or vomiting

### • Cluster Headache



Pain always occurs on the same side of the head, usually over one eye

- There may be redness and tearing of the affected eye
- Other side of the head is unaffected

## Diagnosing Headaches

Consult your doctor if you experience these:

- Frequent headaches that occur once or more a week
- Taking painkillers more than once a week
- Change in the pattern of a regular headache
- Stiff neck or fever with headache
- Headaches with dizziness, unsteady gait, slurred speech, weakness or numbness
- Confusion and drowsiness
- Headache that begins and persists after head injury
- First or the worst headache in your life
- Headache that begins after the age of 50
- If you have a new headache and a history of cancer, autoimmune disease or Human Immunodeficiency Virus (HIV)

## Preventing Headaches

Most headaches have a genetic basis. Some may also be sensitive to certain triggers that can lead to a headache.

Lessen the impact of a headache by identifying triggers and avoiding them:

- External environment i.e. changes in weather, bright lights, smells and loud sounds
- Emotion, mood and stress
- Diet e.g. alcohol, cheese, chocolate, monosodium glutamate (MSG), citrus fruits
- Hormonal changes due to menstruation, menopause, oral contraception, hormone replacement therapy

Keeping a headache diary can help identify factors that may contribute to the headache and the pattern of the headache.

## Living with Headaches

There are two types of treatment:

- Symptomatic treatments relieve the symptoms of pain and nausea
- Prophylactic treatments prevent headaches from occurring. These are taken on a regular basis, usually daily and may be in the form of oral medication or injection therapies.

A healthy lifestyle is also important:

- Get adequate sleep
- Eat at regular meal times
- Exercise regularly
- Avoid smoking
- Learn to cope with stress and manage your emotions