



The Hierarchy of Headaches

Most people will experience multiple headaches throughout their lives. Some interesting facts:

- There are more than 150 catalogued headache types.
- A primary headache is one that occurs independent of any other medical issue.
- A secondary headache is a symptom brought on by another health or neurological issue.
- The most common primary headache types are tension and migraine.
- Secondary headaches are usually brought on by an issue involving the head or neck (concussion or recent dental work, for example)
- Most headaches are episodic and happen infrequently.
- Headaches are considered chronic when they occur 15 days per month for three months or longer.

Severe headaches causing intense pain warrant immediate medical attention. Chronic headaches, or those occurring more than 3 times per month, necessitate a visit to the doctor to figure out the cause.

