

Severe Headache Overview

Link: <https://www.ch1er.com/symptom/severe-headaches>

Many Americans suffer from chronic headaches worldwide. While there are many ways to describe a severe headache, many describe the overwhelming feeling the same. A moderate-to-severe pain (often described as a pounding, throbbing pain) that originates from one side of the head, neck, or scalp. At times, the pain can be debilitating.

Don't let your suffering go undiagnosed or undertreated. Seek medical care as soon as you notice severe or persistent headache symptoms. You can expect immediate and intimate care from **board-certified ER doctors** & registered nurses.

Severe Headache Symptoms

- Fatigue
- Blurred vision
- Nausea or vomiting, upset stomach, abdominal pain
- Loss of appetite
- Dizziness
- Very warm or cold sensations
- Fever
- Paleness
- Sudden loss of vision or balance
- Difficulty speaking
- Seizures or extreme sensitivity to sound, light, or smell

Severe Headache Causes

Primary Headaches

- **Migraines:** Migraines involve pulsing or severe throbbing pain—typically on one side of your skull. You may also experience light sensitivity, nausea, or vomiting.
- **Cluster Headaches:** Cluster headaches are the most painful kind. They often occur in a pattern, with an onslaught during cluster periods. Cluster headaches may last for weeks or months and may be followed by a break before they reappear.
- **Tension Headaches:** This headache feels like a mild-to-moderate pain in your head. It involves a restricting compression around your skull; almost like a tight band around wrapped your head.

- **Chronic Daily Headaches:** Refers to a headache of almost any type that occurs very frequently; usually at least 15 days per month for at least six months.

Secondary Headaches

- **Thunderclap Headaches:** A sudden and excruciating headache that comes on as fast as a clap of thunder.
- **Rebound Headaches:** Headaches caused by the regular, long-term use of pain medications to treat headaches.
- **Sinus Headaches:** Headaches caused by inflammation of the sinus cavity.
- **Spinal Headaches:** Occurs when the cerebrospinal fluid that cushions the brain leaks out of the meninges.

When to Seek Help

Occasional headaches are common, and usually don't require medical attention. However, for recurring severe headache symptoms, it is always best to visit a doctor for guidance and treatment. **Consult your doctor if:**

- Your headache pain increases or jolts you awake, visit the closest emergency room as soon as possible.
- You take pain relievers almost daily
- You notice a sudden change in headache patterns
- Your headaches are extremely painful or debilitating