



## Do you have a headache ?

If you have a headache, here is how to understand and manage your headache:

### What type of headache do you have?

**Constriction  
pain in the  
head**



- Almost every day.
- Stiff neck and shoulders.
- Dizziness or ringing in the ears.
- Exercise improves the pain.

**Throbbing pain  
to the one side of  
the head**



- Several times a month or a year.
- Nausea and vomiting.
- Sensitivity to light sound and smell.
- Female>Male.
- May be affected by menstruation.
- It may be difficult to move.

**Pounding pain  
behind the  
eyes**



- Once or twice a year. Lasts one to two months.
- Bloodshot eyes, tears, runny nose.
- Induced by alcohol.
- Can't keep body still.
- Male>Female.

**Other  
headache**



- Fever up.
- Yellowish mucous from runny nose.
- Swollen eyes.
- Pain feels like you are being struck by lightning.

**Tension headache**

**Migraine**

**Cluster headache**

**Possibly due to other diseases.  
Please see a doctor.**

- A stiff neck may be the cause of your headache. Take a break when using your smartphone. Exercise your neck and shoulders.
- An unbalanced diet and shortage of sleep may induce the headache. Improve your lifestyle.
- To avoid this headache, reduce your stress and anxiety.



### Don't put up with headaches!

There are two measures, prevention and improvement.

Consult your school doctor at  
the Health Administration Center  
Gifu University.

