

## Headaches

Headaches are probably the most common complaint on the planet. All human beings get headaches at some point in their lives. Before we talk about why **you** are getting headaches, it is important to review some basic head anatomy. The most important thing to realize is that **the head includes \*\*\*everything above your neck.\*\*\*** This includes your eyeballs and sockets, **sinuses, ears, jaw, hair, tongue, upper part of your throat** and even teeth. If you are having **sinus or ear pain**, we always consider that a headache first and must approach it as such.

About 95% of headaches are due to **inflammation** of some kind. (The other 5% fall into the rare category of “Neuropathies” like Cluster headaches or Trigeminal Neuralgias which need to be ruled out by a Neurologist and not a nose picker.) If you have **muscle inflammation**, we call it a **Tension Headache**. If it is **blood vessel inflammation**, we call that a **Migraine**. There are a lot of blood vessels in your face and sinuses so **Sinus Migraines are incredibly common**. On the other hand people with chronic sinusitis almost never have headaches. In fact, 97% of people with chronic sinus infections and positive sinus CT scans don't get sinus pain! Sometimes the jaw joint (called **TMJ – Temporal Mandibular Joint**) is inflamed and that is just called “**TMJ**”. It is **one of the most common causes of “ear pain”** and can be corrected rapidly with a Dental Appliance from your Dentist.

Today I will look inside your head holes to see if there is anything visible that could be causing your headaches. Sometimes I find **growths or infections** which can be treated rapidly to make you headaches go away. However that is **super rare**. **Almost always, my exam of your head holes will be “normal”** and then we will decide what kind of **Tests or other Specialist** you might need to make your headaches way less severe or go away all together.

Until a diagnosis is made, many of our patients have had great success with **Synergy Therapy**. This involves using an anti-inflammatory **Neilmed sinus rinse + Pulmicort Nebule (I will provide you with a prescription) in the evening** and using **1 Advil + 1 Tylenol (at the same time) every 8 hours or so**. You have to make sure it is OK with your main Doctor that you take Advil or Tylenol. Whatever the cause of you headache, this combo helps a lot of patients. It is also super important that you **reduce the stress in your life and drink plenty of fluids**. Forget the 8 glasses a day stuff. You need to be sipping on water, tea or electrolytes (Coconut Water, G2, Powerade Zero, Mio Sport and so on) **throughout the day**. Drink only small sips about 2 hours before bed so you are not peeing all night!

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