

Name \_\_\_\_\_

## Unraveling the Mystery of Headaches

### Multiple Choice Questions

1. What is a common characteristic of tension headaches?
  - a) Intense pain on one side of the head
  - b) Nausea and vomiting
  - c) A tight band-like sensation around the head
  - d) Redness and tearing in the eyes
  
2. What part of the head contains pain-sensitive structures that can cause headaches?
  - a) The brain
  - b) The blood vessels
  - c) The neck
  - d) The hair
  
3. Which type of headache may be triggered by factors like certain foods or hormonal changes?
  - a) Cluster headaches
  - b) Tension headaches
  - c) Migraines
  - d) Sinus headaches
  
4. What are rebound headaches caused by?
  - a) Overuse of pain medications for headaches
  - b) Stress and muscle tension
  - c) Sinus infections
  - d) Dehydration
  
5. What is the final step in the headache process?
  - a) Blood vessel changes
  - b) Pain perception in the brain
  - c) Triggering of a headache
  - d) Irritation of nerves in the head

