

Name \_\_\_\_\_

## Unraveling the Mystery of Headaches

### Short Answer Key

1. Answer: The brain lacks pain receptors, so it cannot directly sense pain. Headaches occur when pain-sensitive structures in the head, such as blood vessels, muscles, or nerves, become irritated or inflamed.
2. Answer: Tension headaches typically involve a tight band-like sensation around the head and are often caused by stress or muscle tension. Migraines are intense headaches that may include symptoms like nausea, vomiting, and sensitivity to light and sound. They can be triggered by various factors, including certain foods, hormonal changes, or stress.
3. Answer: Lifestyle changes that can reduce the frequency of headaches include managing stress, improving posture, maintaining a regular sleep schedule, and staying well-hydrated.
4. Answer: Cluster headaches are extremely painful and tend to occur in clusters, with multiple headaches happening in a short period, often at the same time each day. They often affect one side of the head and are associated with eye symptoms like redness and tearing. This distinguishes them from other types of headaches.
5. Answer: A rebound headache is a headache that occurs as a result of overusing pain medications meant to treat headaches. Paradoxically, the very medications used to provide relief can lead to rebound headaches when used excessively. This occurs due to medication-induced changes in the brain and its receptors, which can make headaches more frequent and severe.

