

## 3 IMPORTANT FACTORS

### SLEEP

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. Adequate sleep can improve your stress levels and give you a better outlook.

Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough).

### HYDRATION

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

The Institute of Medicine determined that an adequate intake for boys is roughly 3 liters (about 13 cups) of total beverages a day. The average intake for girls is 2.2 liters (about 9 cups) of total beverages a day.

Caffeinated drinks and energy drinks should be limited or avoided as much as possible and replaced with water, milk or all-natural fruit juices.

### NUTRITION

Skipping meals such as breakfast can lead to frequent headaches.

Snacking frequently or between meals can help fight hunger triggered headaches.

Learn the importance of a well balanced diet and how it can improve your overall health.



**\*Keeping a headache journal can help you identify your triggers. Share the journal with your doctor so you can work together to avoid these triggers.**

For more information visit:

[www.webmd.com](http://www.webmd.com)

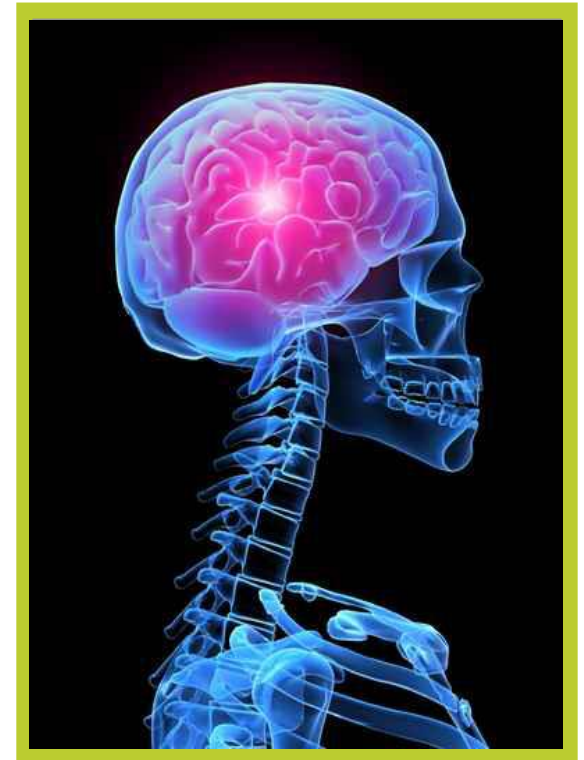
[www.mayoclinic.com](http://www.mayoclinic.com)

[www.sleepfoundation.org](http://www.sleepfoundation.org)

Or visit your school nurse!

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## TEENS AND HEADACHES

As a teenager, waking up and getting ready for school can be a difficult task. Once a headache is added into the mix, it makes the task that much more difficult. While in school, it can be hard to sit through class after class with a splitting headache. There are a many different headaches that can affect teens, however there are a few that are most commonly seen. It is important to know which one you're suffering from in order to gain some relief.

## TENSION HEADACHES

Tension headaches are the most common headaches among adolescents. They can be directly related to stress in your life – school, sports, exams, relationships and extracurricular activities.

### Symptoms

- Constant ache or band like pressure around the head
- Pain at the temples or back of the head and neck
- Begin gradually

### Triggers

- Staying up too late, not enough sleep
- Over exposure to the sun
- Stress at home or school (Exam time is prime time for teenage headaches)
- Dehydration or lack of proper nutrition
- Emotional stress
- Tobacco, alcohol, or caffeine
- Loud music
- Excessive screen time (TV, video games, internet)

### Treatment

- **Limiting any of the above causes**
- Over the counter medications such as ibuprofen (Advil) or acetaminophen (Tylenol)
- Rest periods
- Tension headaches usually do not keep a person from performing daily tasks



## MIGRAINE HEADACHES

The exact cause is unknown but many different theories exist. For example, there may be changes in the blood vessels that supply blood to the brain. It is believed that genetics may play a role in who is predisposed to migraine headaches.

### Symptoms

- Moderate to severe pain, often described as pounding or throbbing.
- Dizziness and blurred vision, eye pain
- Noise and light sensitivity
- Nausea, vomiting, abdominal pain

### Triggers

- Bright light, odor or noise
- Dehydration and stress
- Changes in barometric pressure

### Treatment

- There is no cure, but it is important to identify and avoid triggers
- Fluids and rest
- **Sleep is especially important! (9 hours per night)**
- OTC medications (Advil, Tylenol)
- Prescription medications from the Doctor.
- \*Keep a headache journal

**“Many tension headaches go away in the summer, when school’s out,”**

*-Dr. Wibblesman, Pediatrician*

## MIXED HEADACHE SYNDROME

Also called transformed migraines, mixed headache syndrome is a combination of migraine and tension headaches. Both adults and children experience this type of headache.

## SINUS HEADACHES

Sinus headaches are associated with a deep and constant pain in the cheekbones, forehead, or bridge of the nose. The pain usually intensifies with sudden head movement or straining and usually occurs with other sinus symptoms, such as nasal discharge, feeling of fullness in the ears, fever, and facial swelling.

### Treatment

- Over the counter medications like Tylenol, Advil and Aleve
- Try a decongestant spray to relieve congestion
- Keep your nasal passages moist Use a humidifier or vaporizer
- Take a hot shower
- Rest a warm wet towel over your face for a few minutes.
- See your doctor if your sinus headaches persists