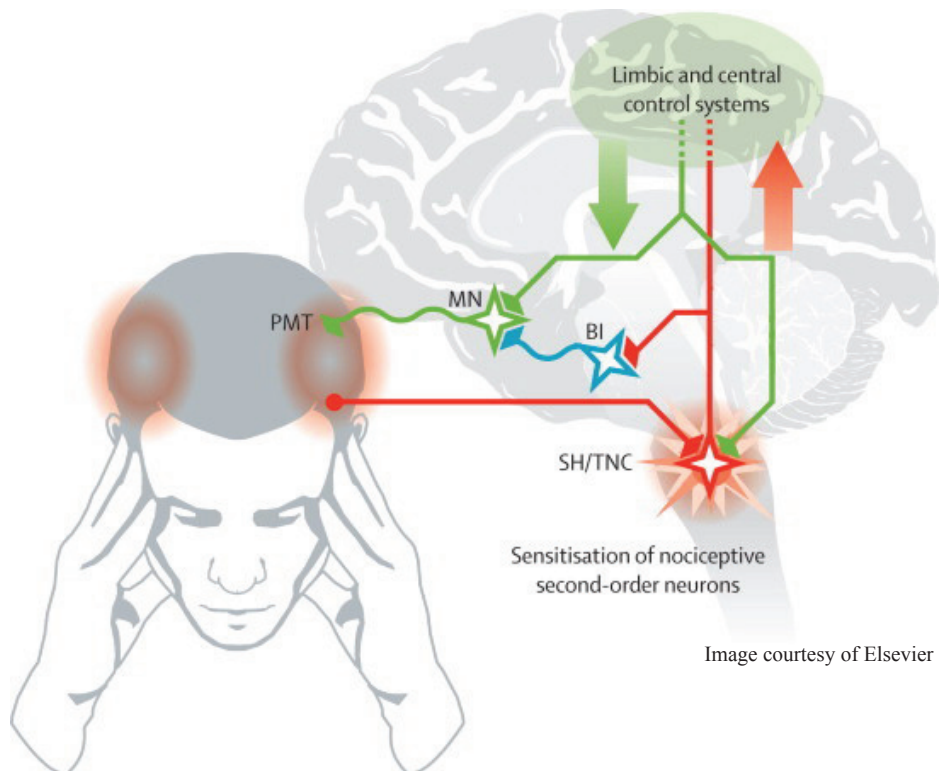


Tension Headaches

Tension headaches usually start in the upper neck/ base of the skull and then creep forward over the head and feel like a tight hat or your head is in a vice. The pain may also pass in behind the eyes. There is no nausea, vomiting or visual disturbances expect for slight blurring of vision and difficulty concentrating.

They are usually triggered by stress and muscle tightness and commonly occur towards the end of the day. These headaches can be well managed with Chiropractic care and stress management.



Hypertension Headaches

Hypertension occurs when there is a persistent elevation of blood pressure and is usually associated with systemic circulation (circulation around the body) where the blood pressure is above 140/90 mmHg. It may also be associated with portal circulation (circulation to the liver) which is common in Cirrhosis of the liver. Hypertension headaches therefore arise because the sustained rise in systemic blood pressure results in an increase in the pressure within the skull.

The headache is throbbing in nature and occurs either at the base of the skull, forehead or top of the head, it can also feel like a tight hat. It generally starts early in the morning and improves as the day progresses. The primary cause of the Hypertensive headaches (high blood pressure) needs to be treated through diet/lifestyle and pharmacological measures. Chiropractic care can be beneficial as a secondary measure.