

# Headaches

*Have you had your spine checked yet?*

Mabuhay  
Chiropractic Clinics  
Manila, Philippines



## Masakit ang ulo!

Probably the most common complaint presented to the Doctor of Chiropractic following lower back or neck pain, is the headache. To effectively treat or manage headache problems an accurate assessment is needed to properly identify what type of headache is being experienced. Less than 1% of headaches result from a brain tumor requiring brain surgery.

Often, when people suffer from chronic headaches, there are in fact several different headaches that come at different times under different circumstances. We call these “mixed headaches.” While on the other hand there are some headaches that are very specific in location and frequency.

Finding the underlying cause of headaches is more effective than just covering up the pain with pills; when the medication wears off the headache returns. Some headaches are purely temporary; such as from a fever, dehydration (too much alcohol), forgetting to eat (low blood sugar), etc; so allowing the body the return to normal will see these headaches disappear.

In the cases when the headaches keeps coming back a proper chiropractic evaluation will most likely identify the nature and type of headache; what tissues are involved and what are the underlying, contributing causes. Tissues involved are: muscles, ligaments, nerves, blood vessels, sinus cavities, etc.

## HEADACHE TYPES:

- Tension headache
- Cervical-origin headache
- Vascular headache
- Inflammation headache
- Pressure-type headache
- Migraine headache
- Neurological headache
- Allergic headache
  
- Brain tumors

Over 80% of headaches that are re-occurring result from spinal misalignments in the upper half of the spine, affecting nerves that track into the structures and tissues of the head.

There is no other more effective way to address headache problems than to undergo a spinal evaluation by a Chiropractic Specialist.