

WHO HAS TIME FOR HEADACHES?

Review of various types of headaches along with their potential origins and strategies to minimize these debilitating health challenges



YOUR SPEAKERS

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- ◉ Dr. Chris Yavis



We change lives through inspiration, empowerment, and excellent health care delivery



GOALS OF THIS SESSION

- ◉ Understand the different headache types
- ◉ Review some of the known or speculated causes and factors that give rise to headache
- ◉ Explore some natural forms of care and possible prevention strategies that help with headaches

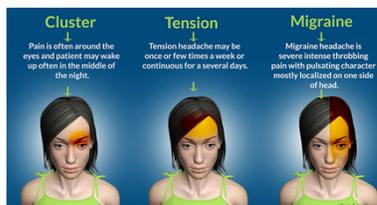
HEADACHES



- ◉ Pain in the head and upper neck region. It can affect a small portion of the head, such as the eyes or temples, or the entire head.
- ◉ The pain may be sharp or dull, and may come along with a variety of other symptoms like light sensitivity or nausea and vomiting.
- ◉ Headaches are extremely common. About seven out of 10 Canadians will have one this year.
- ◉ 10-15% of ppl will develop chronic HA's
- ◉ Over 5 million people in Canada suffer from chronic headaches, which are headaches that return with some frequency.

CATEGORIZATION OF HEADACHES

- Primary
 - Tension-type
 - Migraine
 - Cluster



- Secondary
 - Headaches attributed to head or neck trauma (Cervicogenic HA)
 - Headaches attributed to TMJ
 - Headaches attributed to sinus congestion (Sinus HA)
 - Headaches attributed to Withdrawal
 - Headaches attributed to a blood flow disorder (stroke, aneurysm)

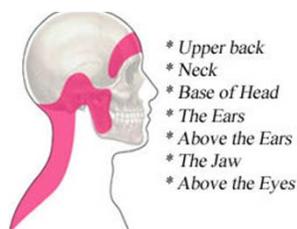
MOST COMMON HEADACHES

- Cervicogenic HA's
 - 50% Calgarians
- Tension HA's
 - 20% Calgarians
- Migraine HA's
 - 15% Calgarians
- Adults & children are both affected



TENSION-TYPE HEADACHE

- ◉ Cause - is unclear, stress have been linked
- ◉ Location - bilateral, back of head, feels like a vise around head
- ◉ Gradual onset
- ◉ Feel like a mild/aching pain
- ◉ Can last from a couple of hours to months
- ◉ More common in women
- ◉ Symptoms of anxiety, tension, or depression may be present
- ◉ Family history of HA
- ◉ Often Begins before the age of 10



MIGRAINE HEADACHE

- ◉ Cause - dilation of the arteries outside or inside of the skull
- ◉ Location - unilateral (usual), but may be bilateral
- ◉ Comes on fairly quickly (within 1-2 hours)
- ◉ Feel like a a throbbing/pulsing pain
- ◉ Phono/photophobia, nausea
 - May have an aura (stars, floaters, tunnel vision, smell, speech)
- ◉ Can last from a couple of hours to 1-2 days
- ◉ 3X more common in women
- ◉ Family history of HA
- ◉ Often Begins in childhood, usually decreases with age
- ◉ Triggers - hormonal changes, food, alcohol, stress, noise, light
- ◉ Relieving - quiet/dark room, sleep



CLUSTER HEADACHE

- ◉ Pain is in and around one eye
- ◉ Pain is steady and severe
- ◉ Comes on quickly, often 2-3 hrs after falling asleep
- ◉ Lasts 15 min-3 hours
- ◉ These HA cluster in time with several each day or week, then relief for weeks or months
- ◉ May have stuffy/runny nose, reddening and tearing of the eye
- ◉ 3-4x More common in males
- ◉ Usually 20-40 years of age
- ◉ Triggered by alcohol



CERVICOGENIC HEADACHE

- ◉ Pain sensitive structures in the neck that refer to the head
- ◉ Unilateral, around the eye, temple, or upper/back of the neck
- ◉ Steady or throbbing, not disabling
- ◉ Lasts 1-3 days
- ◉ Can go 1-4 weeks between HA's
- ◉ Will have restricted range of motion in the neck
- ◉ May have neck, shoulder or arm pain
- ◉ Aggravating factors - neck movement, sustained/awkward positions



OTHER HEADACHES

- ◉ Other causes of headaches include:
 - TMJ
 - Sinus
 - Withdrawal
 - Alcohol & caffeine intake
 - Rebound
 - Weather/Chinooks
 - Concussions




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HEADACHES ATTRIBUTED TO VASCULAR DISORDERS (STROKE)

- ◉ RARE
- ◉ Can come on spontaneously
- ◉ Increased risk over age 65
- ◉ Requires immediate emergency referral
- ◉ Risk factors
 - Age/Family history
 - High BP
 - Cardiac disease
 - Smoking
 - Diabetes
 - Poor general health
- ◉ Signs to look out for
 - Dizziness
 - Double vision
 - Trouble Speaking
 - Trouble swallowing
 - Fainting
 - Clumsiness
 - Nausea
 - Numbness
 - Nystagmus

WHAT CAUSES HEADACHES

- Migraines
 - CNS disorder
 - Vascular problem
 - Genetics
 - Brain chemistry
- Tension type
 - Stress
 - Posture
- Cluster type
 - Unknown
- Common theories
 - The nervous system and brain are involved regardless of:
 - Weather
 - Stress (Ph/Emot/Men)
 - Toxins/deficiencies
 - Chemical triggers
 - Blood sugar
 - Hormonal changes
 - ADR's
 - Immune function

SECONDARY HEADACHES

- Other causes of headaches include:
 - Poor posture/subluxations in neck/jaw
 - Alcohol & caffeine intake
 - Nicotine/smoke intake
 - TMJ problems (jaw joints)
 - Medicine overuse
 - Weather/Chinooks
 - Sinus congestion/eye strain and fatigue
 - Post sexual activity
 - Concussions
 - Stroke, aneurysm

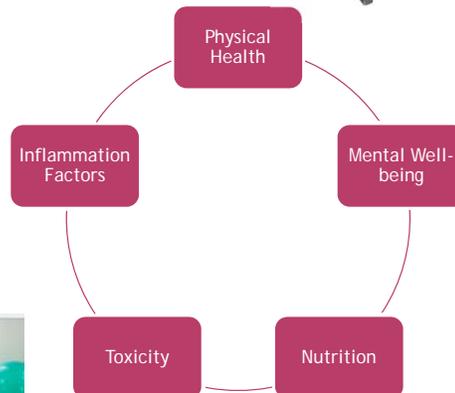
NECK PAIN



- 50 % of Canadians suffer from neck pain yearly most commonly due to postural factors that cause irritation to different pain generating tissues of the neck.
- These can include nerves, muscles, joints, blood vessels.
- Any tissue that can generate pain can cause neck pain, and potentially contribute to other concerns like arm pain or headaches!

A NATURAL APPROACH

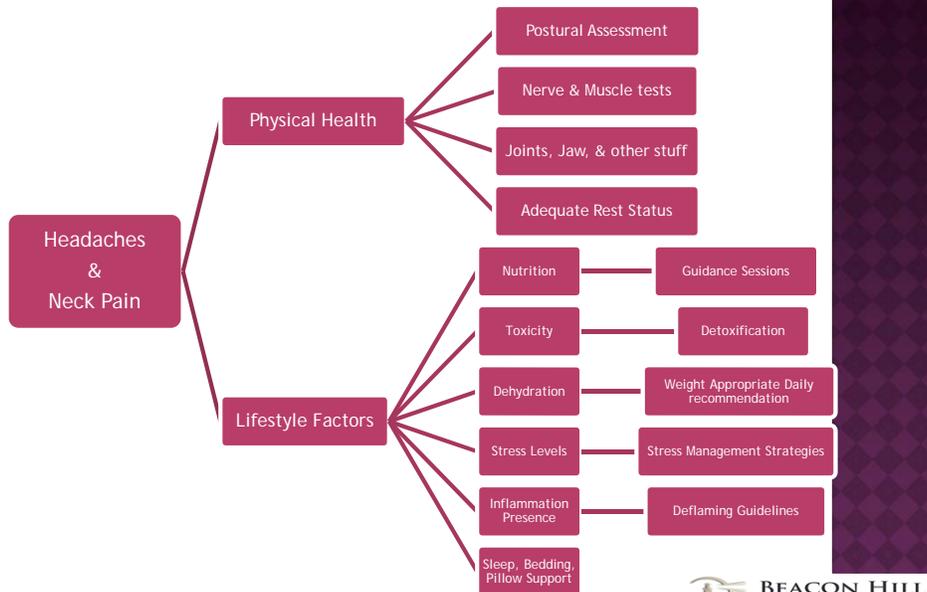
- During history and consultation, a safe and most appropriate plan is made
- Multi-pronged approaches are usually the best
- Team work with you and your health care team



VARIABLES TO CONSIDER

- Nutrition
 - Stress
 - Dehydration
 - Inflammation
 - Toxicity
 - Sleep
 - Environment
 - Social structure
- Foods that can trigger:
 - Alcohol, additives, artificial sweeteners
 - Low/high blood sugar levels

A COMPLETE NATURAL APPROACH



COMMON UNNATURAL TREATMENTS PEOPLE ATTEMPT WITH HEADACHES

- ◉ Pain killers like:
 - Non steroid anti-inflammatory drugs:
 - Tylenol, Advil, Motrin, Ibuprofen, Acetaminophen, Aspirin
- ◉ Prescription meds like:
 - Antidepressants
 - Antiemetic
 - Antihistamines
 - Serotonin effectors
 - Muscle effectors
 - Inflammation effectors
- ◉ Self medicate with alcohol or depressants, pain killers, or stimulants



SIDE EFFECTS OF MEDICATIONS

- ◉ Narcotics are addictive
- ◉ Rebound symptoms can be worse than original symptoms of headaches or neck pain
- ◉ NSAIDS are responsible for 8000 hospitalizations each year in Canada, and 800 deaths
- ◉ ADR's lead to 15 000 deaths in Canada yearly
- ◉ Many other side effects involve liver and kidney toxicity, mood/behavioral disorders, gut diseases/hemorrhaging, joint degeneration, and more! (no kidding folks)



NATURAL TREATMENT PEOPLE SEEK FOR HEADACHES AND NECK PAIN

- ◉ Chiropractic care
- ◉ Massage therapy
- ◉ Acupuncture
- ◉ Reflexology
- ◉ Craniosacral therapy
- ◉ Stress management counseling
- ◉ Fitness training guidance & regularity

Therapeutic care

Vs.

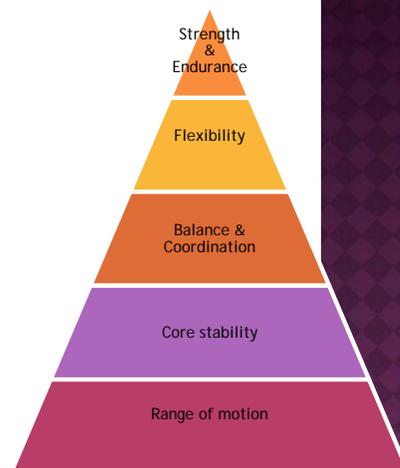
Lifestyle and nutritional strategies!



THE SPINAL FITNESS PYRAMID

HOW DO WE CARE FOR OUR POSTURE??

- ◉ Awareness of the cause and how to fix
- ◉ Exercise and stretching protocols
- ◉ Improved posture at work and home
- ◉ Diet and Lifestyle considerations
- ◉ Chiropractic/Massage/Acu



DECREASE YOUR PAIN, IMPROVE YOUR POSTURE/FUNCTION

Stretch

- Pecs, upper traps, levator scapulae



Strengthen

- Rhomboids, neck flexors, lower traps



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-NORTHWEST-

CHIROPRACTIC CARE



- Natural, drugless, & effective
- For all ages
- Preventive and restorative
- The correction of natural movement (in stiff or sick joints) caused by stress and bad posture
- Normalize tense muscles
- Will improve circulation to improve healing

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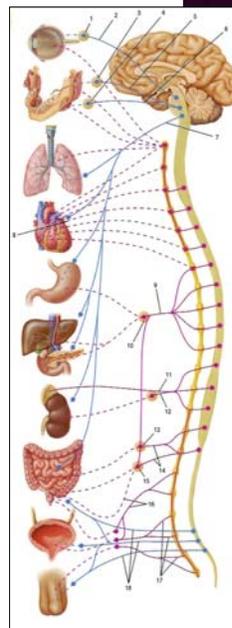
CHIROPRACTIC CARE

Chiropractic has been shown to normalize increased electrical brain activity (EEG Studies), & has a **calming effect on over-stimulation, by activating the cerebellum!!**



Better adapting ability to stress and less harmful stress responses!

Health Naturally



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LIFESTYLE STRATEGIES

- ◉ Headache Diary
- ◉ Ergonomic support-Avoid staring at monitors too long, set-up at work
- ◉ Hot baths especially with epsom salts
- ◉ Meditation/Yoga and stress lowering techniques
- ◉ Herbal support eg. Feverfew, butterbur, lemonbalm, cinnamon
- ◉ Regular daily exercise for minimum 30 mins- focus on whole body movement/Track it eg. Fitbit!!

SELF CARE CONTINUED...

- ◉ SLEEP-Require healthy 7-8 hours of sleep per night/Avoid the 3rd shift and practice sleep hygiene/Pillows and mattress
- ◉ AVOID or DECREASE SENSORY STIMULATION
- ◉ AROMATHERAPY- Consider peppermint and lavender
- ◉ CRYOTHERAPY- Aids in vasoconstriction of cranial arteries to reduce pain/contrast therapy to end with cold
- ◉ Finally...DIET MODIFICATIONS!!



CONSIDER AVOIDING THE FOLLOWING...

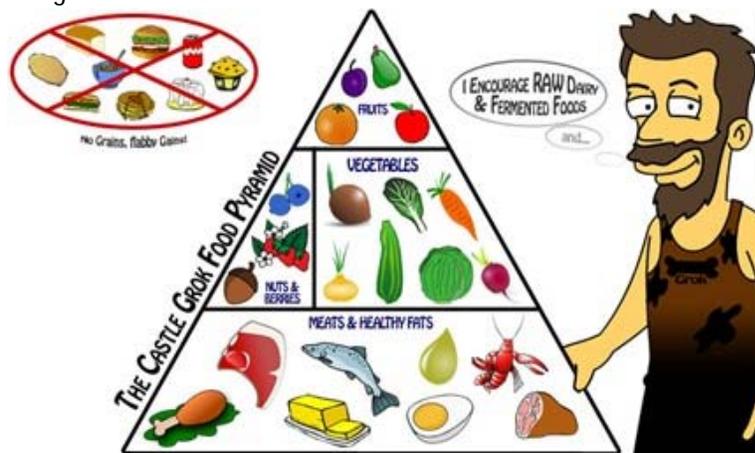


- ◉ High levels of grains in the diet including **GLUTEN**.
- ◉ High **dairy** intake
- ◉ **Artificially sweetened** and preserved foods and beverages
- ◉ Low levels of fresh fiber content/low H2O content foods
- ◉ Low water intake/ **High Caffeine**
- ◉ **High vegetable oil containing foods**- refined veggie oils (>> omega 6)
- ◉ **Processed meats** with nitrates and pickled foods with high salt content
- ◉ **Low probiotic/antioxidant levels** in foods



GOOD FOODS & A HEALTHY DIET

Hunter-gatherer diet - the most genetically congruent with basic human health



SUPPLEMENTS FOR SUPPORT AND HEALING

FOUNDATIONAL FOUR:

- ◉ Multivitamin/Mineral Support
- ◉ Probiotics
- ◉ Vitamin D
- ◉ EPA/DHA essential fatty acids (Omega 3 oils)

ADDITIONAL CONSIDERATIONS:

- ◉ Curcumin
- ◉ Magnesium
- ◉ Hormonal Support eg. Evening Primrose oil
- ◉ Antioxidants eg. Resveratrol
- ◉ Herbals also may be indicated

MASSAGE THERAPY



- ◉ Helps relax muscles made sore by bad posture
- ◉ Helps relieve pressure on joints
- ◉ Pressure points are relieved
- ◉ Relieves stress that causes poor posture

ACUPUNCTURE

- ◉ Can help with many chronic and challenging headaches
- ◉ A thorough history is taken, in the context of the TCM lens (common symptoms many experience, suggestive of imbalance in their body, due to excessive heat, cold, dampness, dryness, fire, wind, energy, etc).
- ◉ Every patient is different, and as such each treatment plan can vary. EG: acupuncture, herbs, Tuina, cupping, Guasha, moxibustion.

Just remember...



THERE IS LIGHT AT THE END OF THE
TUNNEL