



Cluster Headaches



Overview

These are intensely painful headaches that come in patterns or clusters. You can have them regularly over weeks or months. They may stop for months or years, and then return again.

Causes

We don't know what causes these headaches. They may be related to your brain and your hormone levels. Some people may find that their headaches are triggered by something like smoking, alcohol use, specific foods, or bright light. But triggers don't seem to play a large role in cluster headaches.

Symptoms

A cluster headache is intense. It's a sharp, burning pain. It often starts while you are sleeping. The pain is usually felt around one eye. It may cause your eyelid to droop, and your pupil to constrict. The pain may radiate to other areas of your head. You may have a flushed face and a runny or stuffy nose.

Frequency

Attacks may last from 15 minutes to three hours. During a cluster period, headaches may happen every day at regular times for weeks or months. Once the period is done, you may not have them for months or years.

Care and management

Chiropractic care can be a safe method for managing cluster headaches. Your chiropractor will talk to you about care options and create a plan that's right for you.

