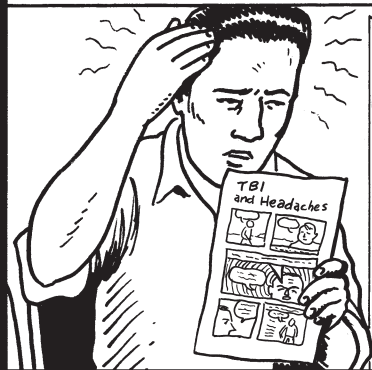


# Traumatic Brain Injury and Headaches



LATER, AT THE DOCTOR'S OFFICE...



I'M AFRAID THE HEADACHES ARE FROM MY INJURY. DO YOU THINK SOMETHING IS WRONG?

WELL, THEY COULD BE FROM YOUR TBI...



...BUT I'M MOSTLY CONCERNED THAT THE PAIN IS INTERFERING WITH YOUR LIFE.

SO, WHAT CAN WE DO?



In the first one to two days after your TBI or concussion bleeding is still a concern. You should go to the emergency room immediately if you have a headache and:

...the pain continues to get worse,

...you vomit or feel nauseous from a headache,

...you have weakness in an arm or leg OR trouble speaking,

...you feel increasing sleepiness

I CAN'T TREAT YOUR HEADACHES UNTIL WE CAN KNOW WHAT TYPE THEY ARE.

THERE ARE DIFFERENT KINDS OF HEADACHES?

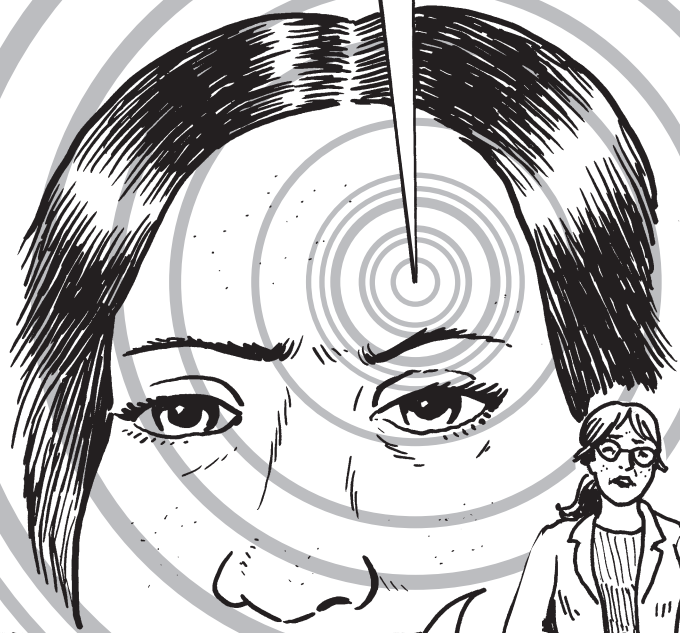
OH YES! THERE ARE LOTS OF TYPES OF HEADACHES. BUT **FOUR** ARE **COMMON** AFTER TBI...



## MIGRAINE HEADACHES

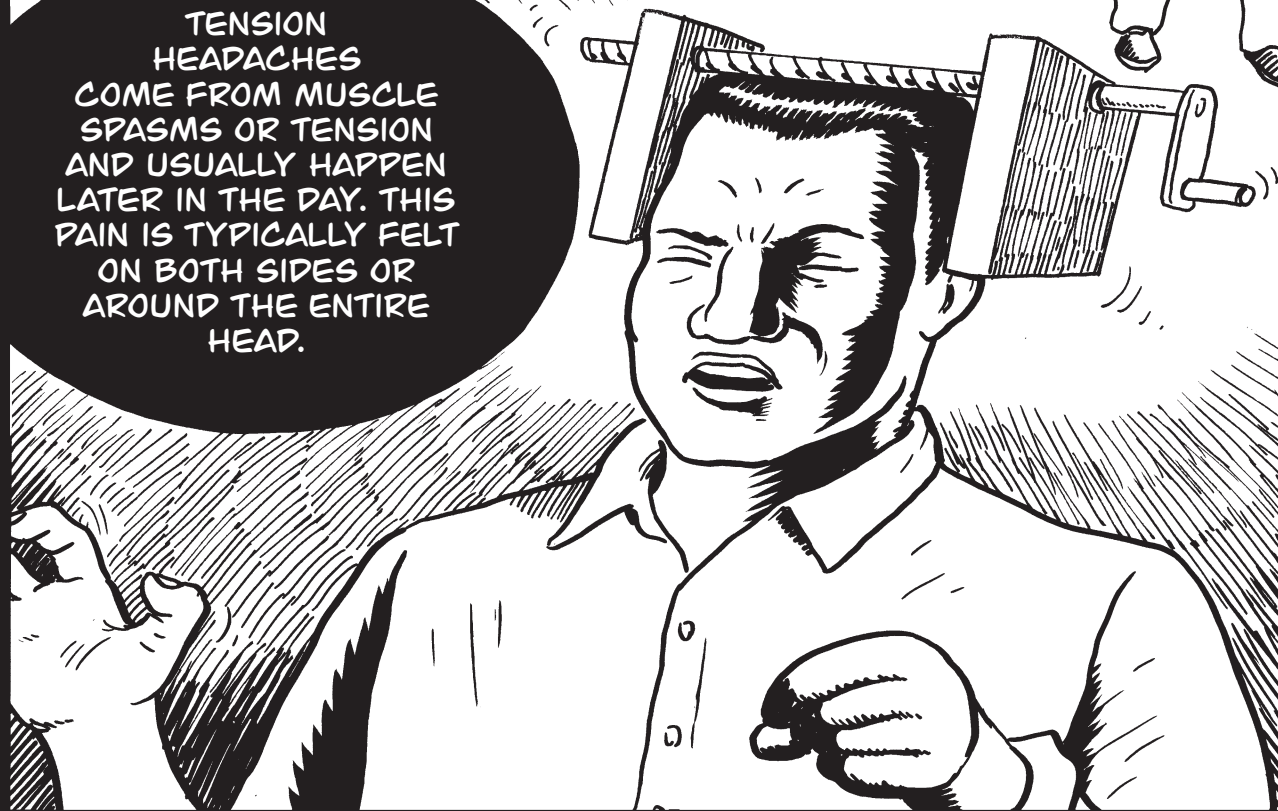
PEOPLE MIGHT BE SENSITIVE TO LIGHT AND SOUND, AND THEY OFTEN FEEL NAUSEATED OR VOMIT. MANY PEOPLE GET A "WARNING" SIGNAL BEFORE A MIGRAINE, THIS IS CALLED AN "AURA". SEEING BRIGHT LIGHTS OR SPOTS ARE TWO COMMON AURAS

MIGRAINES HAPPEN WHEN A PART OF THE BRAIN BECOMES VERY SENSITIVE. THIS CAN SEND RIPPLES OF THROBBING PAIN TO OTHER AREAS. MIGRAINES ARE USUALLY ON ONE SIDE OF THE HEAD.



## TENSION HEADACHES

TENSION HEADACHES COME FROM MUSCLE SPASMS OR TENSION AND USUALLY HAPPEN LATER IN THE DAY. THIS PAIN IS TYPICALLY FELT ON BOTH SIDES OR AROUND THE ENTIRE HEAD.



# CERVICOGENIC HEADACHES

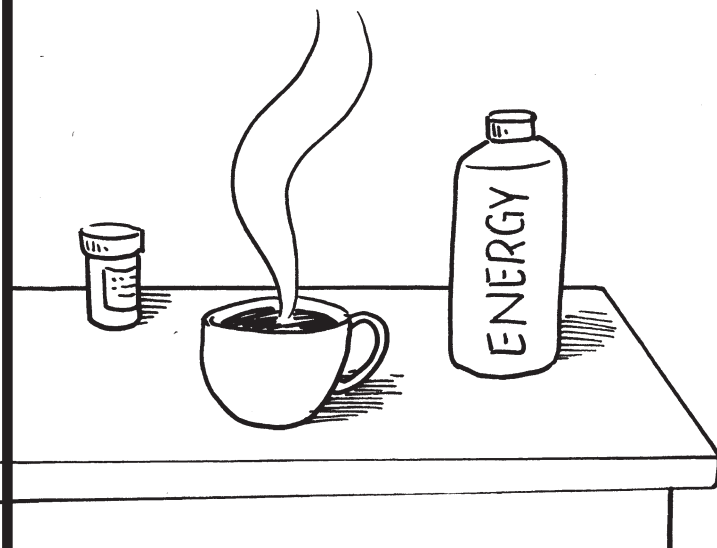
NERVES  
IN YOUR NECK  
AND AT THE BASE OF  
YOUR HEAD RUN TO YOUR  
SKULL AND SCALP. THEY  
CAN CARRY PAIN SIGNALS  
TO OTHER PARTS OF  
YOUR HEAD.

MOVING YOUR NECK OR HOLDING YOUR HEAD  
IN CERTAIN POSITIONS CAN MAKE THE PAIN  
FROM CERVICOGENIC HEADACHES WORSE.

IF YOU REGULARLY HAVE CAFFEINE, LIKE COFFEE,  
TEA, OR ENERGY DRINKS YOU CAN GET A HEADACHE  
IF YOU DON'T HAVE AS MUCH AS NORMAL. THESE  
CAFFEINE HEADACHES ARE ALSO CALLED  
REBOUND HEADACHES.

## REBOUND HEADACHES

REBOUND  
HEADACHES  
CAN ALSO HAPPEN  
IF YOU MISS DOSES  
OR HAVE TOO MUCH  
PAIN MEDICATION..





SO...HOW DO WE  
KNOW WHAT KIND  
THESE ARE?

I'D LIKE YOU TO KEEP A  
HEADACHE DIARY SO I HAVE  
GOOD INFORMATION ABOUT  
WHAT'S HAPPENING.

HEADACHE  
DIARY?

YES, HERE'S A SAMPLE.  
JUST FILL IN THE BOXES EVERY DAY  
WITH INFO ABOUT YOUR HEADACHES.  
WE'LL GO OVER IT TOGETHER AFTER  
TWO WEEKS

**Headache Diary**

PAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	TH
DATE					
HAVE YOU HAD A HEADACHE TODAY? Y/N					
PLEASE RATE YOUR PAIN, (ON A SCALE OF 1-10 WITH 10 BEING THE WORST POSSIBLE PAIN, AND 1 BEING THE LEAST)					
DID YOU MISS WORK OR DAILY ACTIVITIES BECAUSE OF YOUR HEADACHE? Y/N					
DID YOU TAKE ANY MEDICATION FOR YOUR HEADACHE TODAY? Y/N					
IF YES, WHAT KIND OF MEDICATION DID YOU TAKE FOR YOUR HEADACHE?					
DID YOUR HEADACHE GET BETTER? Y/N					

DR K WAS ABLE TO TELL BY  
EXAMINING ME THAT MY HEADACHES  
WEREN'T DUE TO BLEEDING.

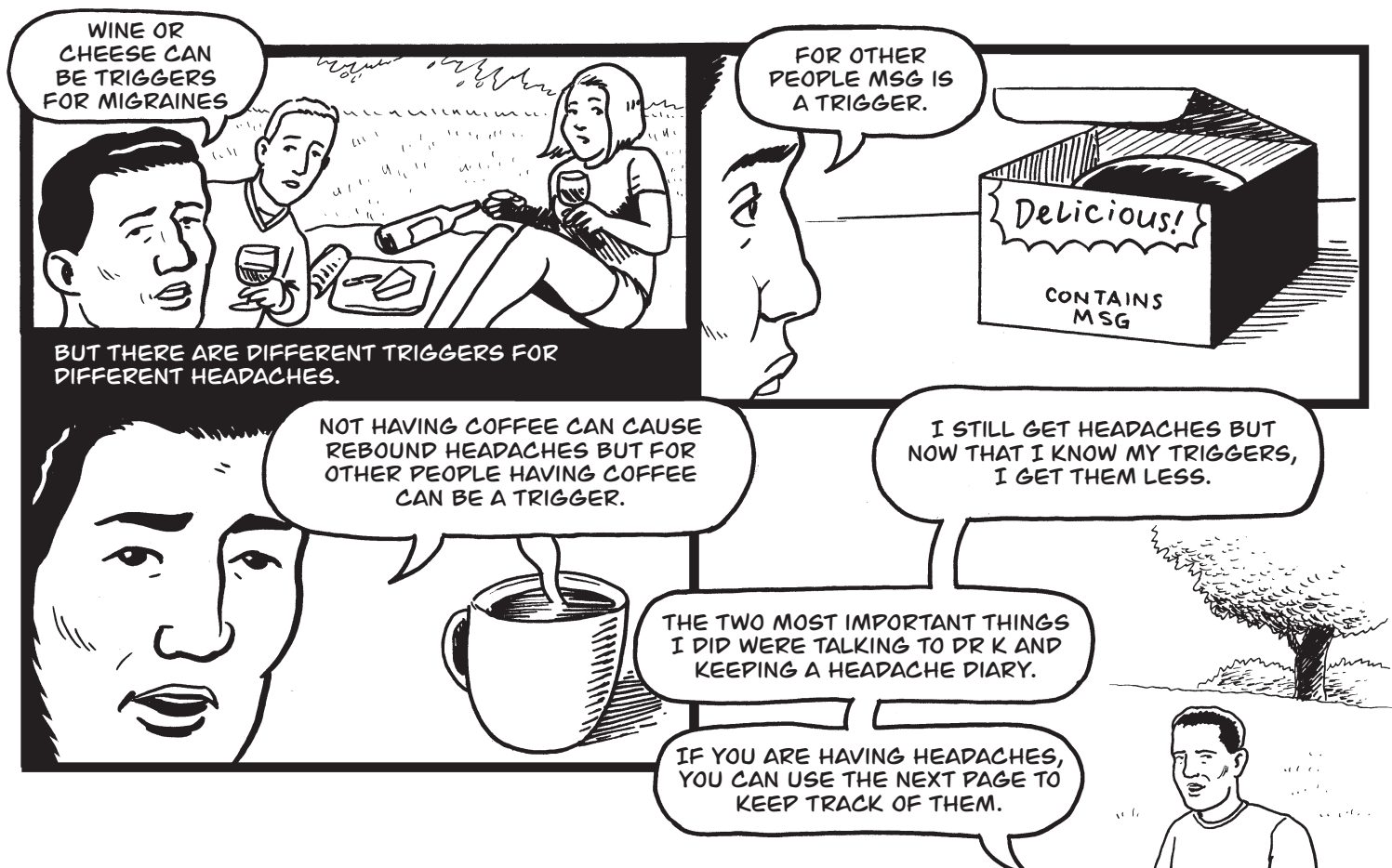
TWO WEEKS  
LATER...

THE INFO FROM MY  
HEADACHE DIARY SHOWED  
US THAT MY HEADACHES  
WERE CAUSED BY STRESS



PAPER  
JAM!

I HAVE TENSION  
HEADACHES. KNOWING  
THIS HELPED US DEVELOP  
A TREATMENT PLAN.



## AUTHORSHIP AND ILLUSTRATION

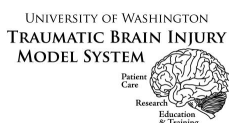
Traumatic Brain Injury and Headaches was written by Silas James and illustrated by David Lasky.

## SOURCE

The health information presented in this InfoComic is based on evidence from research and/or professional consensus and has been reviewed and approved by an editorial team of experts from the TBI Model Systems.

The Content has been adapted from the document "Headaches After Traumatic Brain Injury" which was developed by Kathleen R. Bell, MD Jeanne Hoffman, PhD, and Thomas Watanabe, MD in collaboration with the University of Washington Model Systems Knowledge Translation Center.

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# Headache Diary

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE							
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IF YES, WHAT KIND OF MEDICATION DID YOU TAKE FOR YOUR HEADACHE?							
DID YOUR HEADACHES GET BETTER? Y/N							

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