

High blood pressure

One of the most dangerous aspects of [hypertension](#) is that you may not know that you have it. In fact, nearly one-third of people who have high blood pressure don't know it.

The only way to know if your blood pressure is high is through regular checkups. This is especially important if you have a close relative who has high blood pressure.

Symptoms of high blood pressure:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears

High blood pressure drugs are also called "anti-hypertensive" medicine. There are many different medications to treat high blood pressure. All of them require close monitoring by a physician..

Untreated high blood pressure can lead to serious diseases, including [stroke](#), [heart disease](#), [kidney failure](#) and [eye problems](#)..

Types of Headaches

More than 4 out of 5 people who think they have a [sinus](#) headache with symptoms like pain in the head, stuffy nose, and watery eyes actually have migraine headaches.

Treating a migraine like a sinus headache, or vice versa, doesn't work.

Differences in Symptoms, Causes

Sinus headache and migraine can have some symptoms in common, including:

1. Pain in the head, particularly the forehead, bridge of the nose, and cheekbones caused by congestion.
2. Itchy or watery eyes.
3. Pain associated with movement.
4. Other associated sinus symptoms
5. Sinus headaches are usually caused by an infection and inflammation of the nasal passages, which leads to congestion.

But migraines are often also accompanied by other traits, including:

1. Nausea or vomiting.
2. Sensitivity to sound or light.
3. Severe throbbing pain on one side of the head.
4. Blurred vision
5. Paleness
6. Fatigue
7. Loss of appetite
8. Auras

Cluster headache:

1. Intense one sided pain with a burning or piercing quality that is throbbing or constant
2. Pain is usually located behind the eye on one side
3. Pain lasts 30-90 minutes, but can last up to hours
4. Headache will disappear and then reoccur later in the day
5. Headaches occur regularly and can often awaken the person during the night.

Tension headache

1. Headache upon awakening
2. Difficulty falling asleep and staying asleep
3. Chronic fatigue
4. Irritability
5. Disturbed concentration
6. Mild sensitivity to light or noise
7. General muscle aching

Treatment Options:

Sinus headaches:

1. decongestants
2. pain relievers
3. nasal irrigation
4. Antibiotics or nasal steroids are used as a second line if there is underlying infection or chronic disease.

Migraine treatment:

6. Medications called Triptans are used during a migraine attack to reduce pain and restore function.
7. Medications used to treat epilepsy, depression, and hypertension can be used to prevent migraines.
8. Botox injections have also been used to help prevent chronic migraines.

9. Hormone therapy may be prescribed for women who have migraines linked to their menstrual cycle.
10. Lifestyle also matters for migraines.
 1. Stress-reducing therapies -- such as exercise, relaxation, and [biofeedback](#)
 2. Learning your migraine triggers and avoiding them also matters.

Overuse of medications used to abort migraines can cause a rebound headache. Careful evaluation and management of migraines is essential.

Cluster Headaches:

1. Oxygen
2. Calcium channel blockers
3. Triptans

Tension Headache:

1. OTC pain medication
2. Triptans
3. Controlled pain medication