Traumatic Brain Injury and Headaches

More than 30% of people have headaches for some time after their injury.

Almost a full year after my Traumatic Brain Injury (TBI) headaches were still affecting my life.

So, I talked to Dr. Kruse about it. She helped me figure out how to prevent them.

But I'm getting ahead of myself. Here's what was happening...

Pain from headaches can cause frustration, make it hard to focus and remember.

Can I leave early? I have a bad headache.

Another one? Maybe these are from your injury?

I hadn't thought of that!

Maybe you should talk to your doctor?

https://msktc.org/tbi
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...

https://msktc.org/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 can also happen if you miss doses or have too much pain medication.

https://msktc.org/tbi
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.

Dr. K was able to tell by examining me that my headaches weren’t due to bleeding.

The info from my headache diary showed us that my headaches were caused by stress.

I have tension headaches. Knowing this helped us develop a treatment plan.
Wine or cheese can be triggers for migraines. But there are different triggers for different headaches. Not having coffee can cause rebound headaches, but for other people, having coffee can be a trigger. I still get headaches, but now that I know my triggers, I get them less. The two most important things I did were talking to Dr K and keeping a headache diary. If you are having headaches, you can use the next page to keep track of them.
# Headache Diary

<table>
<thead>
<tr>
<th>DAY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td><strong>Have you had a headache today? Y/N</strong></td>
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<td><strong>Please rate your pain. (On a scale of 1-10 with 10 being the worst possible pain, and 1 being the least)</strong></td>
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AUTHORSHIP AND ILLUSTRATION

This infocomic was written by Silas James and Ayla Jacob and illustrated by David Lasky, in collaboration with the Model Systems Knowledge Translation Center.

Portions of this infocomic were adapted from the factsheet series titled Understanding TBI, which was developed by Thomas Novack, PhD, and Tamara Bushnik, PhD in collaboration with the Model System Knowledge Translation Center (https://msktc.org/tbi/factsheets/Understanding-TBI). Portions of this infocomic were also adapted from materials developed by the University of Alabama Traumatic Brain Injury Model System (TBIMS), Baylor Institute for Rehabilitation, New York TBIMS, Mayo Clinic TBIMS, Moss TBIMS, and from “Picking up the Pieces After TBI: A Guide for Family Members”, by Angelle M. Sander, PhD, Baylor College of Medicine (2002).

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