



Headaches

Studies estimate that 25 percent of the population has a headache right now. Since headaches are so common, most people think it is a normal part of life. Headaches, however, are a sign that something is wrong. We know that stress, toxic fumes, certain foods and preservatives and even alcohol can cause headaches.

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Researchers state that the majority of headaches result from tension in the muscles of the neck area. This alters specific nerves that exit from the spine and supply the head and neck area. Nerve pressure occurs when the nerves are pulled, stretched, irritated or compressed and a headache often results. This frequent and overlooked cause of headaches is due to the malfunction of spinal bones in the neck and upper back.

Why Do We Get Headaches?

- **Poor Ergonomics** at work or home put stress on the neck causing pressure on the nerves producing unwanted symptoms and headache
- **Childhood falls or traumas** associated with the neck, left untreated, can cause headaches
- **Whiplash** victims (from auto accidents) make up 70-90% of headache sufferers
- **Poor Posture** forward head tilt, heavy backpacks, or handbags lead to abnormal alignment and unnecessary stress on the neck which leads to headaches
- **Spinal Injury** was found to be the most prevalent factor in a research study of over 6,000 patients who had been suffering with recurring headaches from 2-25 years

How Chiropractic Care Relates t Headaches

When the bones of the spine lose their normal position or motion, the sensitive nerves and blood vessels to the head become compromised. When these delicate tissues are stretched or irritated, they can produce certain types of headaches. While aspirin or other medications may cover up the symptoms, they DO NOT correct the cause of the headache.

Headache Relief with Chiropractic Care

A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that **chiropractic adjustments resulted in almost immediate improvement for those headaches that originate in the neck**, and had significantly fewer side effects and longer-lasting relief of tension-type headaches than a commonly prescribed medication.



Did you Know?

- **98% of Migraine sufferers experienced immediate relief with chiropractic care** (*Study of 150 adults*)
- **74.7% of migraine patients were greatly improved with chiropractic care.** (J.S. Wright "The Role of Cervical Spine on Migraine". 1982 *European Journal of Chiropractic*)
- **Spinal adjustments were as effective as commonly prescribed medicine (amitriptylin), AND were longer lasting and had fewer, if any, side effects** (*Scandinavian Journal of Rehabilitative Medicine, 1999*)
- **Children with migraine headaches gained relief with spinal adjustments and maintenance of proper spinal health.**
- **Migraine sufferers receiving short term chiropractic care reduced their migraine episodes by 50%, and reduced the amount of medicine taken also by half.** (*Journal of Manipulative Physiologic Therapies, 2000*)
- **Chiropractic treatment is one of the safest forms of treatment for headache pain and suffering.** There is a risk of injury of 1 patient in almost 5.85 million treated. Compare that to traditional pain medicine health risks.
- **Traditional drug therapy shows that 1 patient in every 1200 dies from internal complications due to taking** over the counter medications or NSAIDS. These drugs such as Tylenol, Advil, Motrin, or aspirin can have dangerous side effects from long term use. These include brain hemorrhages, strokes, death from allergic reactions, gastrointestinal damage, bleeding, ulcers and numerous other problems if taken for 2 months or longer.