

مجلس الصحة
لدول مجلس التعاون
Gulf Health Council



وقف الصداع

Stop the headache



Headache episodes keep recurring

affecting your mood and the comfort of your day.

Headache is one of the most common neurological disorders worldwide, yet many people do not realize that it can be prevented by understanding its causes, adjusting lifestyle habits, and making treatment easier.

Observe yourself identify your type of headache, and manage it with a mindful step that can improve your quality of life.



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The world suffers from headaches... ✨

In 2021, headaches affected more than **3.1 billion** people and became one of **the three most widespread neurological disorders globally**. In 2019, it was the third largest condition impacting quality of life after stroke and dementia.

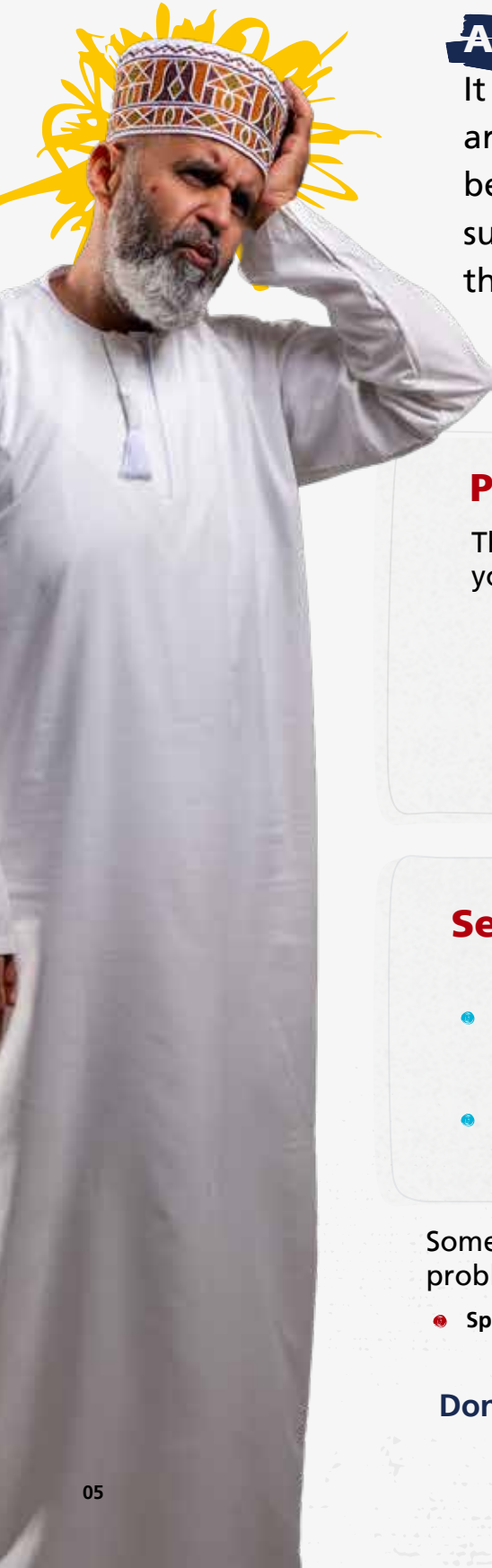
**Headaches affect your day, your work,
and your social life**

Yet most people remain without diagnosis or treatment

Awareness begins with you, Stop the headache.



Get to know headaches and their types



A headache is pain that affects any part of the head. It may appear on one side, both sides, or in a specific area before spreading to the entire head. The pain can be sharp, throbbing, or feel like pressure. It may start suddenly or develop gradually and can last from less than half an hour to several days.

Types of Headaches

Primary headaches

They are standalone pains that may disrupt your daily life and include:



Migraine



Tension headache



Cluster headache

Secondary headaches include:

- Dry eyes
- Sinusitis
- Overuse of painkillers
- Fibromyalgia
- Eye pressure (glaucoma)
- Heart diseases
- High blood pressure
- Meningitis and strokes

Sometimes, a headache is just the body's warning of a deeper problem that needs your attention.

- Spinal headache
- Thunderclap headache

Don't just relieve the pain. Understand its causes, take care of them, and stop it.

Your headache may come ...knocking at your door

Who is at risk of headaches?

Most people are susceptible to headaches, but certain factors make some individuals more prone:



Women

Due to hormonal fluctuations
(migraine)



Family history

Those with a family history
of migraines



Chronic diseases

such as high blood
pressure, anemia, sinusitis,
and sleep disorders



Behavioral factors

Lack of sleep, stress, excessive
caffeine or nicotine intake, or
withdrawal



Certain professions

Office jobs in front of screens,
high-stress jobs (such as in
medicine, education, and customer
service), and long-distance drivers



Don't underestimate

Don't just relieve the pain. Understand and address its causes.

It requires careful monitoring, consulting a specialist, and support from those around you to reduce its impact and control it before it affects your quality of life



Types of headaches...

1-Tension headache:

It is the most common type worldwide, with about **20–30%** of people diagnosed in 2022. It may appear as infrequent or recurring episodes, and sometimes it can be chronic. Although its exact cause is still unknown, recent research indicates that **genetic factors, brain signals, and muscle** sensitivity play an important role in its development.

Main trigger: The word “tension” in the name reflects the role of psychological stress as one of the key triggers. This stress may lead to tightening of the neck, face, scalp, and jaw muscles.

Symptoms

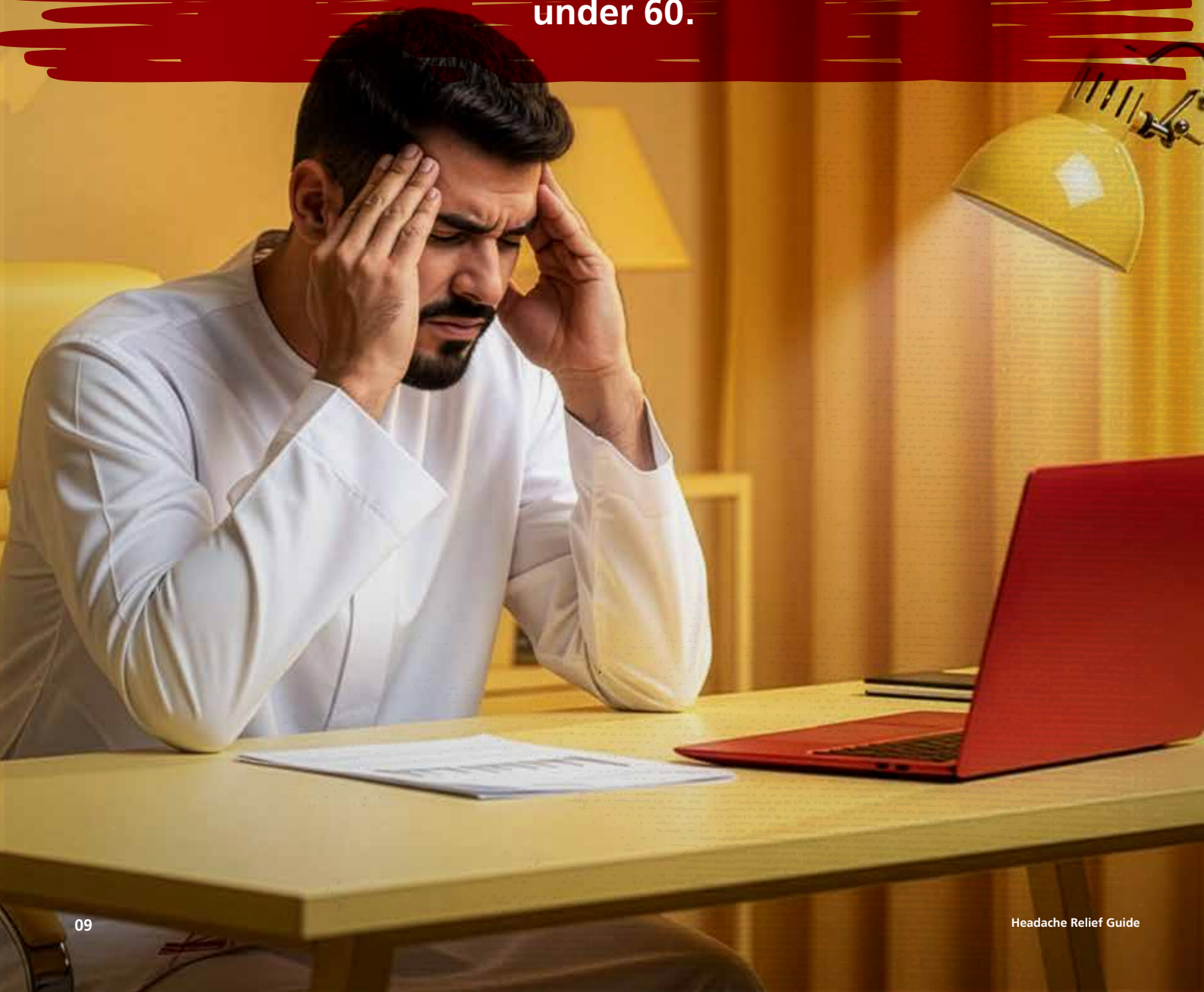
- Mild to moderate pain that feels like pressure or a “tight band” around the head
- Often bilateral (both sides of the head)
- May be accompanied by sensitivity to light or sound (but not both)
- Different from migraine: no aura, no nausea or vomiting, and it does not worsen with normal activity

People more prone to tension headaches:

- Women
- Young adults
- Those who experience constant fatigue or sleep difficulties
- Individuals with a history of migraines
- Individuals with a history of depression

A headache is not just a headache. There's a difference.

Migraine is a chronic disorder and one of the most impactful conditions affecting quality of life, with more than one billion people affected worldwide. In 2024, it ranked first among children and adolescents, and second among adults under 60.



Types of headaches...

2. Migraine

- It is a chronic neurological disorder
- Marked by intermittent attacks that last from 4 to 72 hours
- It is more common in women due to
- It often begins around puberty and appears between the ages of 35 and 45.
- It is usually accompanied by:
 - Nausea or vomiting
 - Sensitivity to light or sounds

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- 1 Episodic migraine:** Fewer than 15 headache days per month.
- 2 Chronic migraine:** 15 days or more per month (for ≥ 3 months).
- 3 With or without aura:** Aura = sensory or visual disturbances that occur before the headache.

So far, the exact cause of migraine is unknown, but certain factors increase the likelihood of developing it, especially if a close family member has it.

You may often notice triggers that set off your migraine attack, such as:

- | | | |
|------------------------------------|--------------------------|----------------------|
| ➤ Starting the menstrual | ➤ Anxiety and depression | ➤ Stress and fatigue |
| ➤ Not eating regularly or skipping | ➤ Excessive caffeine | ➤ Lack of exercise |

The goal of migraine treatment is to relieve symptoms and prevent additional attacks.

Here are some quick steps that may help:

- Get some sleep or rest in a quiet, dark room.
- Place a cold compress or an ice pack on your forehead.
- Drink plenty of fluids, especially if the episode is accompanied by vomiting.
- Small amounts of caffeine may help relieve symptoms if used in the early stages of the episode.

How does a **migraine** start and end?

Your migraine usually goes through several consecutive stages over 8–72 hours, but not everyone experiences all stages:

1

Prodrome (the premonitory stage)

- It starts 24 hours before the episode.
- Symptoms include fatigue, mood changes, thirst, neck stiffness, frequent yawning, and cravings for certain foods.
- It is considered an early warning sign.

2

Aura phase

- It occurs in only one-third of patients.
- Symptoms: visual flashes or lines, tingling or numbness, difficulty speaking or moving.
- Lasts 5–60 minutes.

3

Headache phase (Attack)

- Severe throbbing pain (usually on one side).
- Worsens with movement, light, or sounds.
- May be accompanied by nausea and vomiting.
- Lasts 4–72 hours.

4

Resolution phase

- The pain gradually eases or stops suddenly.
- Sleep often helps end the episode.

5

Postdrome phase

- Lasts from hours to two days.
- Symptoms: fatigue, poor concentration, and appetite changes.
- Similar to the prodrome stage.



How is migraine treated?



Migraine medications are divided into:

Short-term medications

Used to treat attacks when they occur.

Long-term medications

Used daily to prevent attacks or reduce their severity.

Abortive medications are taken immediately when symptoms appear to relieve pain and restore activity. Preventive treatment involves taking medications daily to reduce future attacks. It is important for patients to work with their doctor when using headache medications, as some may cause side effects.

How some medications work:

- Many medications target serotonin in the brain, which has been shown to be lower in migraine patients.
- Some medications also target a protein called calcitonin gene-related peptide (CGRP), which plays a role in pain perception.

Examples of short-term treatments:

Over-the-counter painkillers

such as ibuprofen, aspirin, or paracetamol: they help relieve pain in less severe attacks.

Medications for treating nausea

such as chlorpromazine and metoclopramide: they reduce the feeling of nausea associated with different types of

Botox

It is used as a long-term treatment, they may also reduce the number of attacks if they occur more than 15 days per month.

Magnesium

Essential for nervous system function, it may reduce the frequency and severity of migraine attacks.

Coenzyme Q10

A natural antioxidant that helps cells produce energy, it may reduce the frequency, severity, and duration of migraine attacks.

Preventive (long-term)

Preventive treatment is recommended if attacks:

Occur once or more per week

They are less frequent but severe or disrupt your daily life.

.Require you to use acute medications more than three times a week

Not every preventive treatment is suitable for everyone. Consulting your doctor is essential to ensure optimal treatment.

3-Cluster headache

It is a rare but one of the most severe types of headache. It occurs in repeated episodes of very intense pain around the eye or temple, usually on one side of the head.

Symptoms:



Attacks often occur at night or during certain seasons



Accompanying symptoms on the same side: tearing, nasal congestion or runny nose, facial sweating, drooping eyelid



Short attacks (15 minutes – 3 hours) that may repeat several times a day



Burning or stabbing pain behind or around the eye (one-sided)

Causes and risk factors:

- Dysfunction in the hypothalamus, which regulates the biological clock
- Dilation of the blood vessels around the trigeminal nerve
- Influencing factors: smoking, lack of sleep, extreme heat, or bright light

Prevention and treatment

- Avoid triggers, especially smoking and sleep disturbances.
- Maintain a regular sleep routine.



4 - Rebound headache

It is a headache resulting from the overuse of medications, also known as medication-overuse headache. It occurs when painkillers are used repeatedly (more than two days per week), especially in people with migraines or tension headaches. The headache usually improves after stopping the medication, but it may temporarily worsen in intensity.

Half of the people worldwide with chronic headaches had rebound headaches in 2023.

How to prevent it:



Support from family and friends to ease the burden



Anti-nausea medication if needed



Healthy lifestyle: regular meals, adequate fluids, sufficient sleep, exercise, stress management



Alternatives for pain relief: compresses, massage



Gradually reduce painkillers under medical supervision

Headaches can be relieved with painkillers, but choosing the right type and correct dosage is important to avoid complications.

Prevention and treatment:

1

Simple painkillers (mild to moderate), such as paracetamol, are safe for most people when taken at the recommended dose.

2

Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, for moderate to severe headaches. Be cautious if you have stomach, liver, or kidney problems.

3

Combination painkillers: Contain more than one component, such as a painkiller plus caffeine. Sometimes used for migraines or severe headaches, but avoid overuse.

Symptoms:

- Always follow the recommended dosage.
- Do not use painkillers more than 10 days per month repeatedly.
- Consult your doctor if the headache persists or if you have chronic conditions.

**The feeling of a headache starts
from signals from your nerves
to the brain.**

**Do you use a painkiller or try a
maze game to distract your
mind?**



The brain does not feel pain, **but it interprets it!**

The nerve endings around it are affected by triggers such as stress, smells, or certain foods, and they begin sending signals to the brain, which interprets them as pain in the head.

Effect of medications and non-medical interventions

Non-medical

such as maze games

Mental focus exercises
stop the flow of thoughts



They reduce stress



They lessen the feeling of
headache



Medications

They stop pain signals



They reduce the sensation
of headache



Non-medical interventions, such as mental focus exercises or maze games, may help slow the flow of thoughts and reduce stress, which can lead to a decrease in headache intensity.

**A headache is like an un-
...known call**

**It bothers you until you
find its source.**

➔ **Know the cause, control the outcome.**

Understanding the causes of a headache is a key step in
managing it, so don't ignore it



Get to know its main triggers

1-Weather



Sudden changes in weather or atmospheric pressure can trigger migraine attacks. Factors such as temperature fluctuations, humidity, or even dust storms may increase the pain and your sense of discomfort.

2-Sound



How do loud noises affect headaches?

Studies indicate that continuous or sudden exposure to loud sounds can cause different types of headaches, including:

- **Tension headache:** Fewer than 15 headache days per month.
- **Migraine:** Loud sounds are a major trigger for migraine attacks, especially in people sensitive to light and sound.
- **Misophonia:** A psychological condition involving strong emotional reactions to certain sounds, which may cause headaches and anxiety.

Why do loud sounds cause headaches?

- **Increased adrenaline:** Leads to blood vessel constriction and increased intracranial pressure.
- **Nervous stress:** Activates sensory nerves and triggers attacks in those susceptible.
- **Psychological effects,** such as anxiety and stress, which increase headache intensity.

Tips for prevention and reducing impact:

- Minimize exposure to noisy places whenever possible.
- Use protective measures, such as earplugs or noise-canceling headphones.
- Take breaks in quiet areas if exposed to noise for long periods.



3-Light

How does light affect headaches?

- Light sensitivity is a common symptom of migraines.
- Many sufferers experience increased pain when exposed to bright natural light (such as sunlight) or strong, flickering artificial lights, like fluorescent lights or screen flashes.

Why does light cause headaches?

Sunglasses: Wear them during the day and always keep them with you.

Artificial light: Choose places with natural lighting and avoid sitting under flickering or harsh lights.

Green light: Research shows it is less likely to trigger migraines.

- Green light lamps can be used.
- Or wear special glasses that block all light wavelengths except green.

4-Smells

How do smells affect headaches?

Sensitivity to odors is a common symptom in migraine patients, and some strong smells can activate nerve receptors in the nose, which may:

- Trigger a migraine attack
- Or increase the intensity of an existing attack

Ways to prevent and reduce the impact

Types of headache-triggering smells

1. Avoid strong perfumes and odors as much as possible.
2. At work: Inform your colleagues about your condition and ask them not to use strong perfumes near you.
3. Maintain good ventilation at home or in the office to reduce odor buildup.
4. Use a light mask or lightly scented tissues when necessary to minimize the effect of triggering odors.

- Strong perfumes
- Cigarette smoke
- Strong food odors, such as spices or fried foods
- Chemicals, such as gasoline and cleaning agents
- Environmental pollution, such as factory smoke and car exhaust

5-Food



How does food affect headaches?

1.Tyramine

Tyramine is a natural compound found in some foods as a result of protein breakdown. It can cause blood vessels in the brain to constrict and then dilate, triggering migraines or tension headaches in some people.

Examples of foods containing tyramine:

- Aged cheeses, such as cheddar and parmesan
- Smoked or processed meats
- Fermented soy, soy sauce
- Some types of dried fruits



2.Nitrites and Nitrates

Preservatives used to extend the shelf life of meats and to process sausages and bacon. They convert in the body to nitric oxide, which dilates blood vessels, potentially causing migraines or tension headache attacks.

Examples of foods containing them:

- Sausages, salami, hot dogs
- Processed and smoked meats

3.Monosodium glutamate (MSG)

In some people, it can cause an immediate or delayed headache by affecting nerve cells and stimulating certain neurotransmitters in the brain.

Examples of foods containing MSG:

- Ready-made Chinese meals
- Some potato chips and canned foods
- Ready-made chicken broth



Note: Craving chocolate may be an early sign of an attack, not a cause.

The effect of sugar



Skipping meals can cause blood sugar levels to drop, which leads to headaches. That's why it's recommended to eat healthy, regular meals .to keep your blood sugar stable and reduce the chance of headaches

Sleep

Good sleep is one of the most important factors in preventing and reducing migraine severity. Lack of sleep or disrupted sleep is a major cause of increased frequency and intensity of headaches, and in turn, the headache itself can negatively affect your sleep quality, creating a cycle of pain and poor rest.

The effect of sleep on headaches

- **Lack of sleep or oversleeping:** such as irregular sleep, staying up late, or sleeping for long hours.
- **Sleep disorders:** such as insomnia or sleep apnea.
- **Lying down for long periods may trigger a headache episode.**
- **Chronic headaches may affect sleep quality and make the problem worse.**

Tips for improving sleep

- Follow a consistent routine for sleeping and waking up at set times.
- Get enough sleep according to your needs.
- Avoid screens at least one hour before bedtime.
- Create a calm sleep environment (dim lighting, moderate temperature, no electronic devices).
 - Practice relaxation techniques (deep breathing, meditation, yoga).
 - Exercise regularly, but not right before bedtime.
 - Consult a doctor if sleep problems persist.



Does your coffee relieve your headache or cause

The answer lies in how much you drink.



6 - The Amount Matters

Caffeine plays two roles in headaches. It can help ease certain types of pain when taken in moderation, but it can also become a trigger if you consume too much or stop it suddenly.

Effects of Caffeine on Headaches

Caffeine can be a double-edged sword.

1. Headache Relief

- Moderate caffeine intake can reduce pain, especially in some migraine types. .

2. Increased Headache Risk

- Excessive caffeine or suddenly stopping it may cause withdrawal headaches or increase headache frequency.
- Research suggests that consuming more than about 200 mg daily on a regular basis may raise headache risk, especially for people with migraines.

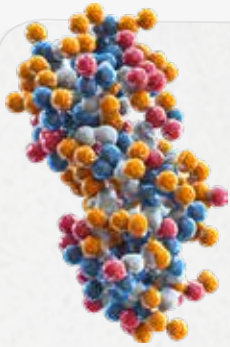
Because your intake matters:

- Keep it within 200–300 mg per day.
- Avoid energy drinks and large amounts of tea or coffee.



7 - Hormones

Headaches are more common in women than in men. The menstrual cycle, pregnancy, menopause, and even hormonal pills can trigger headaches or change their intensity, and they may develop into hormone-related headache syndrome. The use of hormonal medications such as contraceptive pills that contain estrogen and progestin, which are used for birth control and regulating the menstrual cycle, may also affect headaches



Relationship to Headaches

- Migraine or tension headaches can be linked to changes in hormone levels, especially estrogen.
- Women with a history of migraine with aura may experience increased headache severity when using pills that contain estrogen.
- Fluctuations in estrogen during the menstrual cycle can trigger headaches, so some women may notice headaches at the start of the pill pack or during pill-free days.

Recommendation

- Track headaches before and after starting the pills to identify any connection.
- Consult a gynecologist or headache specialist if the headaches are severe or accompanied by neurological symptoms.

8-Water



Not drinking enough water is one of the most common triggers for migraine attacks.

Relationship to Headaches

1. Prevention and Relief

- Staying hydrated reduces the likelihood of headaches and lessens their intensity.
- Studies suggest that drinking about 1.5 liters of water daily may decrease headache frequency and improve quality of life.

2. Dehydration as a Headache Trigger

- Excessive caffeine or suddenly stopping it can cause headaches (withdrawal symptoms) or increase headache frequency.
- Research indicates that consuming more than 200 mg daily on a regular basis may be associated (with higher headache risk).

سلوكك يآثر على صداعك

- Make sure to drink enough water daily to stay hydrated, reduce headache attacks, and improve your quality of life.
- Increase water intake in hot weather or during physical activity.
- Drink fluids even if you don't feel thirsty.

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- **Men:** 2–3 liters/day $\approx$ 8–12 cups
- **Women:** 2 liters/day $\approx$ 6–9 cups

9- Movement

Exercise plays an important role in physical and mental health and can affect headaches in different ways:

- **Moderate exercise** reduces the frequency of attacks..
- **Sudden or intense exertion** may trigger an attack in some people.
- **Moderate aerobic exercises** (brisk walking, swimming, cycling) help to:
 1. Reduce stress
 2. Improve blood circulation
 3. Regulate hormones

Regular exercise for 3 months can reduce the intensity and frequency of headache attacks by up to 40%.

Recommendation: 30 minutes $\times$ 3 times



10- Mood

Psychological and emotional factors play an important role in triggering or increasing the intensity of migraine attacks, including:

- **Psychological stress** such as continuous tension and anxiety .
- **Sudden emotional changes:** such as intense sadness or joy .
- **Depression:** considered a contributing factor in the occurrence or worsening of headaches

Ways to help you relax and reduce stress and headaches

1. Biofeedback devices:

Use devices to monitor body functions, such as heart rate or muscle tension, and learn how to control them to improve relaxation and reduce headaches.

2. Deep breathing exercises:

Practice deep breathing to calm your nervous system and reduce muscle tension, helping to relieve headache episodes.

3. Progressive muscle relaxation:

Practice deep breathing to calm your nervous system and reduce muscle tension, which helps ease headache episodes.



11- Screen Use

Not all headaches require medication... sometimes a digital break is needed.

Excessive use of smartphones and social media increases the risk of migraine or tension headaches.

This is due to factors such as

- Lack of sleep.
- Eye strain.
- Poor body posture.
- Psychological stress caused by digital content.

Types of Screen-Related Headaches:

1.Migraine and tension headaches: increase with prolonged screen use.

2.Digital Eye Strain (Computer Vision Syndrome):

Symptoms: throbbing pain around the eyes and forehead, blurred vision, light sensitivity.

Causes: blue light, screen flicker, and low contrast settings.

Causes of headaches from excessive screen use:

- Eye muscle strain (reduced blinking, dry eyes)
- Poor sitting posture causing neck muscle tension
- High brightness and glare
- Psychological stress from digital content

Signs that may indicate a problem:

- Spending long continuous hours in front of screens
- Difficulty sleeping due to continuous browsing
- Increased headache episodes after prolonged use



Tips for Prevention and Reducing Impact:

1. Adjust room lighting to be comfortable for your eyes.
2. Take regular breaks away from all screens.
3. Follow the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away.
4. Use proper screen lighting and settings (reduce blue light).
5. Avoid using your phone at least one hour before sleep.

A global study in 2022 indicated that about 27% of users worldwide suffer from smartphone addiction, and other studies show that long hours of screen use are linked to recurrent headaches.

13- Nicotine

Nicotine changes the activity of neurotransmitters (such as dopamine and adrenaline) and affects blood vessels, which may cause them to constrict or dilate.

There are two types of headaches linked to nicotine:

- 1- **Direct headache after exposure to nicotine:** vessel dilation or constriction, sensory nerve stimulation, changes in blood pressure, dehydration, and inhalation of harmful compounds.
- 2- **Withdrawal headache** when nicotine levels drop suddenly, leading to symptoms including headache during attempts to quit.

There are two types of headaches linked to

- 1- **Direct headache after exposure to nicotine:** dilation or constriction of blood vessels, sensory nerve stimulation, changes in blood pressure, dehydration, and inhalation of harmful compounds.
- 2- **Withdrawal headache** when nicotine levels drop suddenly, leading to symptoms including headache during attempts to quit.



?How is nicotine linked to headaches

- When nicotine levels rise quickly in the blood → sudden constriction of blood vessels → temporary reduction in blood flow or changes in pressure in the brain → headache.
- Repeated exposure or large doses → accumulated effects on sensitive nerves → increased sensitivity to sound and light and dehydration → worsening headache.
- After a period of quitting or reducing nicotine → يحدث انسحاب، غالبًا ما يصاحبه صداع withdrawal occurs, often accompanied by headache because the body is used to certain nicotine levels. .

Method	How it causes headache	Notes	Amount of nicotine / absorption
Traditional cigarettes / smoke	Fluctuations in nicotine levels plus other pollutants contribute to headaches.	It contains carbon monoxide and irritating substances.	Very rapid absorption with additional toxic substances.
Vape (electronic cigarettes)	A high concentration causes a headache similar to smoking.	Less harmful than combustion, but contains stimulants and	Varies depending on the device and liquid; absorption may be high.
Nicotine pouches	High doses stimulate the nerves and change blood flow, causing a headache.	Marketed as less harmful, but it may deliver higher nicotine doses.	Some (30 mg) provide higher absorption than cigarettes.
Second-hand smoking	Exposure of the brain and nose to chemical irritants leads to headache and dizziness.	Linked to heart and lung diseases and headaches in non-smokers.	Indirect inhalation of cigarette smoke.

Your headache? It could be a syndrome accompanying you...

Excessive use of smartphones and social media increases the risk of migraine or tension headaches.

1-**Trigeminal neuralgia** (Neuralgia Trigeminal)

A rare neurological condition that causes sharp pain on one side of the face, resembling an electric shock, and may mimic or trigger migraine attacks.

2-**Sleep disorders** (such as sleep apnea)

Sleep disorders, like sleep apnea, lead to annoying morning headaches and may increase the frequency of migraine attacks.

3-**Temporomandibular joint disorders** (TMJ)

TMJ disorders cause pain in the jaw and face and may lead to migraine attacks.

4-**Cervicogenic headache**

Headache resulting from problems in the cervical spine, sharing some symptoms with migraines.

5-**Post-concussion syndrome**

Symptoms that persist after a head injury, including continuous headache.

6-**Fibromyalgia**

A syndrome causing chronic pain and may increase the frequency and severity of migraine attacks.

Your children's well-being.. is a priority...



Headaches are common among children and adolescents and may develop into migraines with age. Paying attention to your child's lifestyle is important, as it affects their comfort, activity, and makes their day better without headaches!

Your guidance is important in reminding your child to:

- Drink enough water daily.
- Improve nutrition and avoid headache-triggering foods.
- Exercise regularly.
- Organize sleep times and maintain a consistent routine.

Ensure your child uses simple pain relievers only under a doctor's supervision.

It makes a difference to see a doctor immediately if you notice a headache after a head injury, or if it is accompanied by a rash, fever, or excessive drowsiness.

Helpful tip: Your child may have difficulty describing the pain accurately. Helping them draw the location and type of pain makes it easier for you to



Time is important

The golden hour is the period immediately following a medical emergency, during which the patient's chances of survival increase significantly...

Symptoms that require urgent intervention: weakness in the limbs, numbness, confusion, seizures, sudden headache after a head injury, morning vomiting, or headache that wakes you from sleep.

Take action

Visiting your family doctor is the right first step for proper diagnosis and guidance. See a doctor immediately if:

- It's your first severe headache affecting your activity
- Sudden, intense, or "the worst ever"
- After intense exercise or a head injury
- Accompanied by slurred speech, vision changes, limb weakness, loss of balance, or confusion

Warning signs, don't ignore them:

- Headache worsening within 24 hours
- Fever, stiff neck, nausea, or vomiting
- Severe and focused in one eye
- Starts after age 50
- Vision problems, pain while chewing, and weight loss

Your notes matter:

- Record when the headache started and how long it lasted.
- Observe accompanying symptoms: nausea, dizziness, weakness in one limb.
- Write down possible triggers: lack of sleep, stress, certain foods, or caffeine.
- Rate the pain on a scale from 1 to 10.

This information helps the doctor during your visit and indicates whether you need a referral to a specialist.

When you push yourself too hard, remember that your brain needs a break just as your body needs rest after effort.

Continuous thinking and mentally exhausting work drain your energy, which may cause poor concentration, slow response, and loss of ability to complete tasks.

Mental rest is not a luxury; it is a smart step to maintain your efficiency and creativity. Take a break, recharge your energy, and continue achieving with strength!





Headache... between fact and **misconception**

-  Headache is always caused by high blood pressure.
-  Most headaches are not caused by high blood pressure, except in cases of severe and sudden elevation.
-  Drinking coffee always causes headaches.
-  It may ease migraines for some people, but excessive intake or sudden withdrawal can trigger headaches.
-  Children do not get headaches.
-  Headaches are very common among children and adolescents, with a prevalence of more than 50%.
-  Painkillers are safe and can be used daily.
-  Excessive use of painkillers may lead to medication overuse headaches.
-  Headache is always a sign of a serious brain disease.
-  Most types of headaches are benign, but there are “red flags” that require seeing a doctor, such as sudden, severe headache or headache accompanied by neurological symptoms.

Headache Diary

To help identify triggers and track treatment effectiveness.

See a doctor immediately if:

- It's your first severe headache affecting your activity
- Sudden, intense, or "the worst ever"
- After intense exercise or a head injury
- Accompanied by slurred speech, vision changes, limb weakness, loss of balance, or confusion

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وقف الصداع Stop the headache

**Because understanding pain is the
first step to overcoming it, a
headache is not just pain that
passes with time,
but a message from your body saying:
"Stop, pay attention, take care of
yourself."**

