

## **ABSTRACT**

### **Management of Headache in Adults**

Headache is one of the most common pain conditions in the world. Up to 75% of adults worldwide have had a headache in the past year.

There are two main categories of headache, primary and secondary headaches. Primary headaches are those that aren't due to another medical condition. The category includes: Cluster headaches, migraine, new daily persistent headaches (NDPH) and tension headaches.

Secondary headaches are related to another medical condition, such as head injury, infection, tumour, etc.

Treatment is available for headache that make them less painful. The right medicines, combined with self-help remedies and lifestyle changes, might help.

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