

Tips for Managing Headache



Things you can do on your own

- Try to avoid situations that cause you stress and anxiety.
- Try meditations or relaxation exercises.
- Get about 8 hours of sleep a night.
- Eat a healthy diet, including fruits and vegetables.
- Drink tea or other caffeinated drinks.
- Drink enough fluids (at least 6-8 cups daily).
- Try acupuncture.



With over-the-counter medications

Ask your care team if you can take over-the-counter (OTC) medications. OTC pain medications may help with mild to moderate pain. You can buy them at your local drugstore. Take them as directed on the package.

- Acetaminophen (Tylenol)
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil or Motrin) and aspirin
- If these medications do not work, talk to your care team.



With the help of your care team

Ask your care team if you need prescription medications.

- Opioids are helpful for moderate to severe pain.
- Other types of medicines that can help pain are antidepressants, antiseizure medicines, or steroids.
- Your care team may prescribe antibiotics if an infection is causing your pain.



When to call your care team for help

- If you have dizziness or feel like you will pass out
- If you have blurry vision, double vision, or have difficulty seeing normally
- If you become sensitive to lights or noises
- If you have difficulty moving or talking
- If you have had migraines before, but this feels worse than usual



For more information and support, visit the American Cancer Society website at cancer.org/headache or call us at **1-800-227-2345**. We're here when you need us.