

Headache Change: Increase or Decrease

I've got one for you... A husband walks into the bedroom holding two aspirin and a glass of water. His wife asks, "What's that for?" "It's for your headache." "I don't have a headache." He replies, "Gotcha!" (jokes4all.net)

It's alright, ladies... we know you are not making it up when you say you have a headache! Migraines and headaches can be a very uncomfortable and painful experience throughout menopause. It is more common for women who have previously had headaches during hormonal fluctuations, like during menstruation or pregnancy, to experience them again, and sometimes more severely, during menopause. However, this does not mean that other women who have not previously had headaches are immune to getting them once perimenopause begins. It's also possible that headaches work the opposite way; some women experience a decrease in headaches and migraines once perimenopause sets in, which is the good news! Either way, hormonal headaches and migraines usually decrease dramatically after menopause.

The pain that comes with a headache or migraine may vary from light to extreme debilitating pain. There are three types of headaches that you may experience: migraines, tension headaches and sinus headaches. Migraines are the most intense and pain is usually felt on one side of head or behind eyes with a great pulsating throb. Some people also experience nausea and seeing aura or flashing lights. Tension headaches are usually felt in back of head and neck and are believed to be caused by stress. They are less intense than migraines but still very uncomfortable. Sinus headaches are caused by inflammation in the sinus cavity and these headaches will feel like congestion in the face and forehead.

It's hard to say exactly what causes headaches and migraines. Hormonal headaches are believed to be caused by the fluctuation of estrogen and progesterone, which force the blood vessels to constantly expand and contract. Every woman is different though and there are several factors that may be contributing to the pain such as hunger, stress, bright lights or sounds, too little or too much sleep, certain foods or caffeine, etc...

If you are experiencing a migraine, it is recommended that you take an anti-inflammatory medicine such as aspirin and lay in a quiet dark space with a cold pack on your head. There are several ways to avoid headaches such as eating regularly, getting enough rest, exercise and sleep. Chiropractic and acupuncture care can also dramatically help headaches. If you are often experiencing debilitating migraines, contact your Doctor and ask what sort of hormone support, foods or natural supplements may help.