

# Condition of the Month



## Symptoms:

- Moderate to severe pain pounding, throbbing pain that can affect the whole head, or can shift from one side of the head to the other.
- Pain that gets worse with sudden head movement or straining.
- A dull, steady pain that feels like a band tightening around your head.
- Pain affects the front, top or sides of the head.
- Intense pain on one side of your head, may be piercing, throbbing or constant.

## Headaches

"If you have a headache, you're not alone. Nine out of ten American suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

Headaches have many causes, or "triggers". These may include foods, environmental stimuli (noises, lights, stress, etc.) and/or behaviors (insomnia, excessive exercise, blood sugar changes, etc.) About five percent of all headaches are warning signals caused by physical problems."

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## Treatment

Research shows that spinal manipulation- the care provided by doctors of chiropractic - is an effective treatment option for headaches that originate in the neck.

Chiropractic care works on correcting misaligned or out of place vertebrae and can remove the pressure placed on spinal nerves, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you, call 918-861-4748 today for a complimentary consultation.



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918-861-4748

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