

The _____ Doctors Center

Health & Wellness

You have been diagnosed with: Headache: **CLUSTER**

Cluster Headaches always affect only one side of the head. They are headaches that have sudden onset with pain subsiding within 15 minutes or as long as 3 hours only to return later and recur often. Many people have a stuffy nose and teary eye on the side affected by the pain. Unlike tension or migraine headache sufferers, people who suffer with cluster headaches find relief with movement such as pacing or rocking. These occur in cycles and can occur daily for several months. Over the counter drugs are not effective for these headaches. Prevention is the focus of treatment here.

Treatment Plan:

Resting in a quiet, dark room may help the pain. Do not wait until the headache is full blown to take the medication prescribed for this pain as it may not be as effective, instead take the prescribed medication at the very start of the headache to break the pain cycle. Decreasing your stress level, eating regular well-balanced meals and getting enough sleep can help decrease headache episodes. You may have been given medication for pain reduction and/or anti-nausea. Take both medications at the onset of the headaches. The object of the anti-nausea medication is to decrease nausea and to stop you from vomiting. Waiting may make it harder for the nausea and vomiting to be controlled quickly. Follow your specified treatment plan as prescribed by your physician/provider.

Should your headaches **change in frequency, become more painful than you have ever experienced** or you have **NEW symptoms (such as numbness, blurred vision, speech disturbance, fever, neck stiffness or other symptom)** associated with it or worsens in any way before your next scheduled visit you must **contact your physician/provider at The Doctors Center as soon as possible or if unable to reach provider please go to the nearest emergency room for evaluation.**

You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. To avoid any unnecessary complications or misdiagnosis: YOU MUST KEEP YOUR APPOINTMENT OR COME IN SOONER IF YOUR CONDITION WORSENS OR YOU DEVELOP NEW PROBLEMS

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