

4 Unusual Causes Of Your Headaches

Description



[Image Credit](#)

Everyone gets headaches occasionally, which are usually not a cause for concern. It is estimated that over [8 million](#) Americans visit their physicians for headache complaints each year. Although headaches are somewhat normal, urgent medical attention may be necessary if you experience intense pain and other unusual signs and symptoms. In addition, frequent and severe headaches could be a telltale sign of an underlying health condition. On the other hand, here are some of the most unusual causes of your headaches.

1. Relaxation after stress

Stress is one of the most common causes of frequent headaches, so it sounds prudent to relax after being stressed out to avoid any migraines. However, you have likely observed that Saturday mornings usually begin with a pounding headache even though you felt fine from Monday to Friday. This severe weekend headache occurs because your stress hormones plummet as the week's tension subsides. Although reduced stress hormones in the body benefit overall health, you can suffer severe and frequent headaches as a side effect. Low [levels of stress](#) hormones in the body cause a quick release of neurotransmitters that send impulses to your brain's blood vessels. These impulses cause the blood vessels to constrict and dilate, resulting in headaches. Therefore, avoid sleeping in during weekends since this can bring on headaches. Instead, try relaxing through activities like yoga and walking.

2. Poor posture

You may know the more popular effects of poor posture, including [lower back pain](#), spine curvature, breathing difficulties, and even joint degeneration. However, bad posture may also be behind your frequent headaches. This is because poor posture creates significant neck, shoulders, and upper back tension. This tension can cause you to experience a headache that might manifest as a throbbing pain in the rear of your skull. Fortunately, you can prevent headaches from this cause by simply correcting your posture. Consequently, avoid standing or sitting in one position for long, and sit up straight at all times to support your lower back.

3. Bad weather

It is hard to say how many individuals experience weather-related headaches. Still, research indicates that more than 60% of people who suffer migraines think they are sensitive to the weather. Indeed, temperature changes can cause migraines, whether it is a cold snap or a [heat wave](#). Furthermore, changes in atmospheric pressure and even rain can lead to headaches. Many experts believe that the pressure changes that cause weather variations trigger electrical and chemical changes in the brain. These changes irritate nerves and cause headaches. There isn't much you can do to change the weather, but you can monitor the forecast, stay hydrated, wear sunglasses on bright days, and avoid the midday sun to prevent headaches.

4. Perfumes

A 2016 study discovered that over a third of Americans experience severe health effects from fragranced products. The three most popular effects were respiratory difficulties, skin irritation, and migraines. Different reasons explain why certain scents cause headaches. For instance, experts believe that strong odors like perfumes, even if they are pleasant, can cause blood vessel swelling and dilation. This swelling and dilation can, in turn, stimulate the nervous system in the brain associated with headaches. It is also possible for people to be simply allergic to chemical elements in perfumes.

Luckily, the best way to steer clear of scent-related headaches is to avoid strong perfumes as much as possible.

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