

## **Cluster Headaches:**

Common characteristics of Cluster Headaches:

- more common in men
- usually start in early adulthood
- occur more often at night and in spring or fall
- attacks may occur up to four times per day, with each attack lasting 10 minutes to 4 hours, followed by remission lasting from weeks to years.
- Cause is unknown but may be caused by substances that constrict the blood vessels, including alcohol, stress, changes in the climate and hay fever
- pain comes on suddenly and tends to be severe and described as throbbing, stabbing, burning, boring, gnawing or pounding
- often accompanied by watery eyes, runny nose, reddened skin over the area of pain
- main difference between cluster headaches and migraines is that nausea and vomiting don't occur with cluster headaches

See also Migraine Headaches