



Watson Headache

The following features (**‘RED FLAGS’**) should *alert you to a secondary cause for the headache*:

- * abrupt (instantaneous) onset of an unusually severe headache, particularly if associated with neurological symptoms
- * a complaint that a particular headache is ‘different’ from others previously experienced
- * subacute, progressive headache over days or weeks
- * headache associated with nausea, vomiting, and fever not explained by systemic illness, such as flu
- * new onset headache in adult life (> 40-50 years), especially of a ‘migrainous’ nature, cluster or tension-type like, or significant change of a longstanding headache for eg vomiting with tension-type headache
- * precipitation of headache by Valsalva (cough, sneeze, strain), position change, head turning, exercise, or coitus
- * headaches associated with nocturnal occurrence or morning wakening
- * headaches associated with neurological signs or symptoms such as confusion; decreased level of alertness or consciousness or cognition, meningismus, changes in personality or behaviour
- * headache associated with systemic symptoms such as fever, jaw claudication, weight loss, myalgia
- * new headache associated with distal spinal pain
- * new headache with history of cancer
- * new headache with family history of aneurysm or other vascular anomaly eg stroke
- * onset of migraine or cluster like headache for the first time during pregnancy

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