

Tips for Managing Headache

Things you can do on your own



- Try to avoid situations that cause you stress and anxiety
- Try meditations or relaxation exercises
- Get about 7-8 hours of sleep a night
- Eat a well-balanced diet, including fruits and vegetables
- Drink tea or other caffeinated beverages
- Drink enough fluids (at least 6-8 cups daily)
- Try acupuncture

See the Other Resources page for more information

With over-the-counter medications



- Over-the-counter pain medications may help with mild to moderate pain, and you can buy them at your local pharmacy. Take them as directed on the package, unless you have been told you cannot take them
 - Acetaminophen, which you may know as Tylenol®
 - Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (which you may know as Advil® or Motrin®) and aspirin
 - If these medications do not work, talk to your care team

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.

With the help of your care team



- Your care team may prescribe opioids for moderate to severe pain, such as:
 - Codeine, Tramadol (Ultram®), Morphine, Oxycodone, or Hydromorphone (Dilaudid®)
- Other types of medicines that can help pain are antidepressants, antiseizure medicines, or steroids
- Your care team may prescribe antibiotics if an infection is causing your pain

This content was created for the SIMPRO Study and is provided as general health information and is not intended to: invite or establish a healthcare provider-patient relationship, constitute furnishing professional services, constitute, or substitute for, the advice or judgment of a medical professional; or serve as a basis for medical treatment. This content was created with funding support from the National Cancer Institute of the National Institutes of Health under Award Number UM1CA233080. The content is solely the responsibility of the SIMPRO Study Team and does not necessarily represent the official views of the National Institutes of Health. Updated: January 2024.

© 2024 SIMPRO Study Team (Dana-Farber Cancer Institute Inc., Baptist Memorial Health Care Corporation, Dartmouth-Hitchcock Medical Center, Lifespan Health System, West Virginia University, Maine Medical Center). All Rights Reserved.

When to call your care team for help



- If you experience dizziness or fainting
- If you have blurred vision, double vision, or have difficulty seeing normally
- If you become sensitive to lights or noises
- If you have difficulty moving or talking
- If you have had migraines before, but this feels worse than usual

This content was created for the SIMPRO Study and is provided as general health information and is not intended to: invite or establish a healthcare provider-patient relationship, constitute furnishing professional services, constitute, or substitute for, the advice or judgment of a medical professional; or serve as a basis for medical treatment. This content was created with funding support from the National Cancer Institute of the National Institutes of Health under Award Number UM1CA233080. The content is solely the responsibility of the SIMPRO Study Team and does not necessarily represent the official views of the National Institutes of Health. Updated: January 2024.

© 2024 SIMPRO Study Team (Dana-Farber Cancer Institute Inc., Baptist Memorial Health Care Corporation, Dartmouth-Hitchcock Medical Center, Lifespan Health System, West Virginia University, Maine Medical Center). All Rights Reserved.