

# CLUSTER HEADACHE

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**Introduction:** Cluster headache is extremely painful with temporal exacerbation and periodicity.

**Purpose:** The investigation and study of the factors associated with cumulative headache.

**Review Method:** A bibliographic search was performed in the online database "Medline" and through a search engine "Google Scholar" with the keywords: Cluster headache, Common signs and Symptoms, for the period 2010-2020. Criteria for exclusion of articles were the language, except English and Greek. Finally, 15 articles were included in the review.

**Results:** Cumulative headache is characterized by periodic flare-ups of a few minutes, known as "dispersion periods" and can last from weeks to months, usually followed by periods of remission, when the "attacks" with severe headache stop completely. During a recession, you may not have a headache at all for months and sometimes even years. Cumulative headache is a relatively rare and non-life threatening condition. There are treatments that can help reduce the frequency, intensity and duration of symptoms.

Unlike people with migraines, people with cumulative headaches usually avoid lying down during an "attack" because this position seems to increase the pain. Some migraine-like symptoms, such as nausea, sensitivity to light and sound, and aura, may accompany a cumulative headache, although this will usually occur on only one side of the face.

**Conclusions:** The patient with cumulative headache should be referred to specialists in order to be given the appropriate treatment to treat the symptoms.

## References

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- ❖ Gibson, K. F., Santos, A. D., Lund, N., Jensen, R., & Stylianou, I. M. (2019). Genetics of cluster headache. *Cephalalgia*, 39(10), 1298-1312.

## Είδη Πονοκεφάλου

