



"Patient Care is our FIRST Priority."

Understanding and Controlling Rebound Headache

If your headache keeps coming back, how you take your medicine may be the reason

Is this your headache?

- ✓ I get headaches daily or several times a week.
- ✓ I take relief medicines for headaches 3 or more days each week.
- ✓ If I stop my medicine or take it late, I get a headache.
- ✓ I often wake up with a headache in the middle of the night.
- ✓ I find that I'm taking higher doses of my headache medicine.
- ✓ I often take medicine when I anticipate that a headache might be coming on.
- ✓ My headache is different now; it involves my whole head, not just **one spot**.

If you answered "yes" to any of the above, you may suffer from rebound or medication over-use headache.

Getting over rebound headaches

It takes time to break the cycle that created your rebound headaches. But once you are free of them, you can help stay in control if you do the following:

- ✓ Get adequate rest and eat meals regularly.
- ✓ Keep a headache diary to help you understand your headaches.
- ✓ Talk to your doctor if your acute medicines don't seem to be working properly. Preventative medications may be needed.
- ✓ Don't take your headache medicines more often or in larger doses than prescribed.
- ✓ Don't take your headache medicines in anticipation of getting a headache.
- ✓ Limit caffeine and alcohol intake.
- ✓ Limit tobacco exposure.