

# Migraine Type Chart

	Migraine	Tension	Sinus	Cluster
<b>Quality</b>	<ul style="list-style-type: none"> <li>• Throbbing or pulsating pain</li> <li>• Worsens with physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Pressing and squeezing pain, like a tight band around the head</li> <li>• Tightness of neck muscles</li> <li>• Improves with activity</li> </ul>	Dull ache or pressure	Stabbing pain (poker)
<b>Intensity</b>	Moderate to severe	Mild to moderate	Mild to moderate	Severe
<b>Location</b>	Often worse on one side, forehead, and temple	Whole head and neck	Face and forehead	Around one eye
<b>Duration</b>	4 to 72 hours	Hours to days	Hours to days	<ul style="list-style-type: none"> <li>• 15 minutes to 3 hours</li> <li>• Multiple attacks during day and night</li> </ul>
<b>Associated Symptoms</b>	<ul style="list-style-type: none"> <li>• Nausea or vomiting</li> <li>• Visual problems: shimmering lights or blind spot</li> <li>• Light <i>and</i> noise sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>• No nausea or vomiting</li> <li>• No visual change</li> <li>• May have sensitivity to light <i>or</i> noise</li> </ul>	<ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Postnasal drip</li> </ul>	<ul style="list-style-type: none"> <li>• Tearing</li> <li>• Runny nose</li> <li>• Droopy eyelid on side of headache</li> </ul>
<b>Frequency</b>	Episodic attacks	Daily	Daily, precipitated by weather changes	Daily, in a cluster for 4–8 weeks, usually the same time each year
<b>Male: Female Ratio</b>	1 : 3	F > M	M = F	3 : 1