

5 Things Your Headache Is Telling You



What Exactly is a Headache?

A headache occurs when the pain-sensitive structures in your head are stimulated by over-activity or underlying disease.

While there is a myriad of reasons for a headache, here's what the location of your headache is telling you:



Top of the Head

Headaches that occur at the top of the head are typically a result of tension headaches, which are the most common. Associated with a dull pain, tightness or constant pressure around the head, they are triggered by things like a change in diet, poor sleeping habits, activity or stress.



Back of the Head

Back-of-the-head headaches are also a source of tension headaches, especially if you're experiencing neck or spinal muscle spasms. Headaches in the back of the head may also be a result of poor posture.



Side of the Head

Pain on the side of the head is a good indicator of a migraine. Migraines are triggered by hormones, diet, caffeine or stress. If the pain is severe and continues on a daily or weekly basis, it may be a result of a cluster headache, which is commonly associated with allergies or stress.

Side-of-the-head headaches are also brought on by tension headaches, inducing pressure and pain.



Behind the Eye

Headaches that occur behind the eye are another sign of a migraine. If you're experiencing pain behind both eyes, it may be a symptom of infection in the ethmoid or sphenoid sinus cavity - a sign you may need more than medication to find relief.



Forehead

If you're experiencing a headache located in the forehead, it may be another sign of a tension headache. If the pain is only affecting one side of the forehead it may be an indicator of a migraine or cluster headache. Forehead headaches are also commonly caused by infection of the frontal sinus. Frequent headaches in this area are a sign you may need more than medication to find relief.

Treating Your Headaches

Treatment for your headache depends on the type of headache you're experiencing and can vary anywhere between over-the-counter medications, hot or cold compresses and sleep, to prescription medications. If you are experiencing temporary or constant headaches, please consult with a medical professional.

How ADVENT Can Help

If you're experiencing constant misery from headaches it may be an issue with your nose. ADVENT can help you find relief from your sinus headaches with a simple 20 minute in-office procedure. Find out how ADVENT can help:

15 Locations in IL, WI, MN & IN

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[Pleasant Prairie, WI](#) | [Wauwatosa, WI](#)

[Chicago, IL](#) | [Naperville, IL](#) | [Northbrook, IL](#) | [Oak Park, IL](#) | [Vernon Hills, IL](#)

[Blaine, MN](#)

[Goshen, IN](#) | [South Bend, IN](#)



RACHEL

"I've snored most of my adult life and it progressively got louder as I got older... then I stumbled upon ADVENT. Now I believe I'm cured."



KELLY

"I was debilitated with headaches and those have gone away. It's been very life-changing as I got my life back and enjoy the things we do as a family."



IVAN

"It is so transformative. You don't know how bad your life is before until after. If anybody is thinking about it, they should get it fixed."

About Us

Founded in 2004 by Dr. Madan Kandula, board-certified otolaryngologist, sinus and sleep surgeon, and Dr. Gwen Kandula, audiologist, ADVENT is an alternative to conventional ENT practices. Having realized no other industry would treat consumers the way they're treated in healthcare, ADVENT resolved to redefine the patient experience, leaving behind the long wait times, uncertainty, and dismissal and moving toward innovation, memorable care and simple in-office solutions.



99.7% REFERRAL RATE

Percent of ADVENT patients who would refer a family, friend or colleague



9 OUT OF 10 PATIENTS

Wished they would have come to ADVENT sooner to address their sinus or sleep concerns



1,300+ REVIEWS

ADVENT has helped 30,000+ people breathe well and sleep well



FIRST TO OFFER

We were the first ENT in Wisconsin to offer in-office Balloon Sinuplasty & other procedures



AWARD WINNING

BizTimes Health Care Heroes, Milwaukee Magazine Top Doctors, & Best Places to Work



VISIONARY

Internationally sought-after ENT practice for best practices and medical device consulting