

# Migraine or Headache?

Headaches and migraines impact more people than you probably think. In fact, according to the Brisbane Headache and Migraine Clinic, headaches and migraines are the [third most common disease in the world](#), affecting about 1 in every 7 people. While they seem similar on the surface, they differ vastly in severity, symptoms, and how long they last.

## What Is a Headache?

The average headache causes a pain in the head or face, described as a constant throbbing. The most common type of headache is a tension headache, which is caused by stress and tight muscles. A tension headache causes mild to moderate, band-like pressure on both sides of the head, while a cluster headache brings intense, stabbing pain around one eye, often with tearing and occurs in repeated cycles.

## What Is a Migraine?

While headaches cause physical pain, migraines are a different beast because they are a neurological disorder. Common symptoms of a migraine include nausea, vomiting, lightheadedness, sensitivity to light, and other [visual symptoms](#).

## Treatment

Depending on the type of headache, there are several options for treatment. A tension headache can be treated with over-the-counter pain relievers, such as ibuprofen (Advil), aspirin, and Excedrin Migraine.

Migraines, on the other hand, are a chronic illness that can be treated with preventative medications such as propranolol (Inderal) or amitriptyline and venlafaxine (Effexor). Medications that help [during the migraine attack](#) triptans (sumatriptan (Imitrex) and rizatriptan (Maxalt). These relieve pain by blocking the pain pathways that go to the brain.

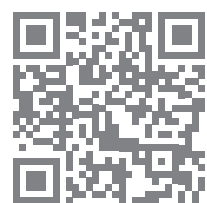
According to the World Health Organization, on a global scale, headaches affected about 40% of the population, or [3.1 billion people](#), in 2021.

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Taking your pet to the vet, even for a routine check-up, can be an expensive experience, especially if your pet needs surgery, prescription medications, or treatment for illness. Enter pet insurance, a benefit offered by many employers because they know how expensive our furry, and some not-so-furry, friends can be. In most cases, you pay a monthly premium and then submit a claim for any eligible expenses after going to the vet. It's really that simple! Some plans may need you to hit a deductible before coverage kicks in.

Here's a list of some of the things you could have coverage for:

- Broken bones
- Foreign object ingestion
- Cancer
- Hip dysplasia
- Ligament tears
- Cataracts
- Medication
- X-rays, blood tests, or MRIs
- Emergency exam fees



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Pet insurance can ease your mind by taking your thoughts off the financial burdens that come with a vet visit. This way, you can focus on your pet's health instead of what it's going to cost you. It allows you to choose the best treatment options without the financial constraints, and most of all, protects you financially by covering bills you would normally have to pay in full.

If you're hesitant about pet insurance, you can always talk with your Benefits Department and can even consult your veterinarian on the best plan option for you and your pet.

