

e. Headaches

MODULE 2

Causes

We all have headaches from time to time. So do pregnant women. During pregnancy, certain women have more headaches than usual because of the changes occurring in their circulatory system. Headaches can also be caused by fatigue or stress.



What can I do?

- Take note of items that cause your headaches and try to avoid them. Eye strain, cigarette smoke, coffee and fluorescent lighting can cause headaches for certain people.
- Rest often.
- Eat several small meals. Do not go for long periods of time without eating.
- Drink lots of liquids.

When you have a headache:

- Rest in a calm area.
- Place a wet compress on your forehead or neck. Some people prefer a hot compress while others prefer a cold compress.
- Rub your neck, shoulders, face, and scalp. It is even better if someone does it for you.
- Get some fresh air.

If nothing works?

- Do not take any painkillers without talking to your health care provider.
- Talk to your health care provider if you often have headaches.
- Consult your health care provider immediately if you have a severe headache, if it lasts for a long time, or if your vision becomes blurred.