



Tension- type Headache

What is Tension-type Headache?

Tension-Type Headache (TTH) is the most common primary headache disorder with a mean global lifetime prevalence of 42% (Range 19-83%).

Chronic TTH affects 0.5 - 4.8 % of the worldwide population.

What are the symptoms?

TTH is characterised by mild-moderate and *not severe*, headache. It is bilateral and often described as pressing or tightening like a vice or tight band.

It **typically** lacks the specific features that characterise migraine such as nausea, light and noise sensitivity.

The headache is *not* aggravated by routine physical activity

Does TTH need to be treated?

Disabling TTH is rare.

Preventive treatment is therefore rarely necessary

If you have been diagnosed with tension-type headache and it is causing disability then it may be helpful to seek medical advice to reconsider the diagnosis.

In such circumstances, the diagnosis may be migraine