

VitaMin



Vital health information in a minute

Pinpoint the pain: Four headache types

Knowing the symptoms of different types of headaches can help you get the appropriate treatment. Here's a look at four headache types.

Tension headaches may feel like a tight band wrapped around your head. They are the most common type of headache and may be caused by emotions, tension or stress.¹

Headache help: Tension headaches can often be treated with over-the-counter pain medications.

Migraine headaches can cause intense, throbbing pain that lasts for hours or even days. You may also have nausea, vomiting and extreme sensitivity to light and sound. Migraines affect 10% of people worldwide and are more common in women than in men.²

Headache help: If you feel the symptoms of a migraine coming on, rest in a quiet, dark room. A hot or cold compress on the forehead can help, too. If home remedies don't work, talk to your doctor about other treatments.

Chronic headaches may be a sign of other health problems, so it's important to get checked out. Headaches are considered chronic when they occur more than 15 days a month for several months.³ In some cases, chronic "rebound" headaches may be caused by taking too much pain medication.

Headache help: If you experience chronic headaches, your doctor may run tests and examine you for signs of illness or other health conditions.

Cluster headaches are painful headaches that come in clusters or cycles. They occur as an intense pain centering around one eye on one side of the head. Cluster headaches are rare, affecting less than 1% of the population, mostly men.⁴

Headache help: A doctor may prescribe preventive medication for cluster headaches.

Seek medical care right away if:

- Your headache is sudden and severe
- You have a fever, stiff neck, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- You had a head injury
- Your headache gets worse even with rest and pain medication

Help find the cause of the pain

Keeping a headache diary can offer important clues to what may be triggering your headaches. Jot down the date and time of each headache. Take note of your diet, activities, stress, pain medications and other details. Bring it with you to discuss with your doctor.

Sources:

1. MedlinePlus. "Tension headache." <https://www.nlm.nih.gov/medlineplus/ency/article/000797.htm> (last reviewed/updated Nov. 5, 2014)
2. National Institute of Neurological Disorders and Stroke. "NINDS Migraine Information Page." <http://www.ninds.nih.gov/disorders/migraine/migraine.htm> (last reviewed/updated Nov. 3, 2015)
3. Mayo Clinic. "Chronic daily headaches." <http://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/basics/symptoms/con-20025386> (last reviewed/updated March 10, 2015)
4. Cleveland Clinic. "Cluster Headaches." https://my.clevelandclinic.org/health/diseases_conditions/hic_Cluster_Headaches (last reviewed/updated July 22, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

VitaMin



Vital health information in a minute

Photo: Jennifer Causey; Styling: Heather Chadduck Hillegas

BBQ CHICKEN SANDWICHES WITH COLESLAW

Yield: Serves 4 (serving size: 1 sandwich and about 2/3 cup slaw)

Total time: 23 minutes

Ingredients

- › 2 tablespoons canola oil, divided
- › 1 pound skinless, boneless chicken thighs
- › 1 tablespoon chili powder, divided
- › 3/4 cup finely chopped red onion, divided
- › 3/4 cup unsalted tomato sauce
- › 3 tablespoons cider vinegar, divided
- › 1-1/2 tablespoons sugar, divided
- › 3/4 teaspoon salt, divided
- › 1/2 teaspoon black pepper, divided
- › 3 cups packaged cabbage-and-carrot coleslaw
- › 4 (1-1/2-ounce) whole-wheat hamburger buns

Preparation

1. Heat 1-1/2 teaspoons oil in a large skillet over medium-high

heat. Sprinkle chicken with 1 teaspoon chili powder. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Shred chicken into large pieces with 2 forks.

2. While chicken cooks, heat 1-1/2 teaspoons oil in a medium saucepan over medium heat. Add 1/2 cup onion; sauté 5 minutes. Add remaining 2 teaspoons chili powder, tomato sauce, 1 tablespoon vinegar, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in chicken; keep warm.

3. Combine remaining 1 tablespoon oil, remaining 1/4 cup onion, remaining 2 tablespoons vinegar, remaining 1-1/2 teaspoons sugar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon

pepper, and coleslaw. Top bottom halves of buns evenly with chicken mixture, slaw, and top halves of buns, or serve slaw on the side.

Nutritional Information

Amount per serving

- › Calories: 373
- › Fat: 15.6 g
- › Saturated fat: 2.7 g
- › Monounsaturated fat: 7.6 g
- › Polyunsaturated fat: 4.2 g
- › Protein: 24 g
- › Carbohydrate: 36 g
- › Fiber: 6 g
- › Cholesterol: 106 mg
- › Iron: 3 mg
- › Sodium: 757 mg
- › Calcium: 89 mg
- › Sugars: 13 g
- › Est. Added Sugars: 9 g

Source: Printed with permission of *Cooking Light*, May 2016



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

893520 09/17 © 2017 Cigna. Some content provided under license