

# CLUSTER



# HEADACHE?

CLUSTER HEADACHE is a rare neurological disorder causing excruciating attacks of pain on one side of the head, centred in and around the eye on the affected side.

Attacks can last 45 minutes to 3 hours (or more) often at the same times of day and night, frequently waking the sufferer from sleep.

**Attack symptoms can include some or all of the following:**

- Agonising pain in the eye and surrounding area
- Watering of the eye
- Swelling / drooping of the eyelid
- Runny / blocked nostril
- Changes in the pupil of the affected eye
- Sweating / raised temperature
- Extreme restlessness / pacing up and down / rocking backwards and forwards

**Treatment for acute attacks - as recommended by NICE:**

- Sumatriptan injections or intranasal sumatriptan / zolmitriptan
- Short-burst high-flow 100% oxygen with non-rebreather mask

**There are two types of the condition:**

**EPISODIC** Cluster Headache attacks occur in bouts, or clusters, lasting several weeks or months, after which they disappear, sometimes for months or even years.

**CHRONIC** Cluster Headache sufferers do not get this relief, and their attacks continue daily for years without a break.

**NEUROLOGISTS WHO DEAL WITH CLUSTER HEADACHE  
HAVE DESCRIBED IT AS ONE OF THE WORST PAINS KNOWN**

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