

# Cluster, Tension and Migraine Headaches

A headache is a pain felt inside of the head, over the eyes or at the bottom of the skull. There are three common types of headaches: cluster, tension and migraine.

## Cluster Headaches

### Who They May More Likely Affect:

- Men ages 20 to 29
- Women and children

### Why They Occur:

- Possibly due to a release of histamine (the hormone responsible for allergic reactions) and serotonin (a substance responsible for sending signals between nerves) in the brain

### Symptoms:

- Pain, runny nose or sweating on one side of the face
- Swelling, tearing, redness, pain or droopiness near the eyes

### Risk Factors and Triggers:

- Possibly an issue in the hypothalamus (an area of the brain that produces hormones)

## Tension Headaches

### Who They May More Likely Affect:

- Women
- Teens and older adults

### Why They Occur:

- Possibly due to a sensitivity to pain

### Symptoms:

- Dull pain in the head
- Tender scalp, neck or shoulders

### Risk Factors and Triggers:

- Stress

## Migraine Headaches

### Who They May More Likely Affect:

- People ages 30 to 39
- Women (especially during menstruation)

### Why They Occur:

- Possibly genetics or the environment in which a person lives

### Symptoms:

- Nausea and vomiting
- Pain on one side of the head
- Blind spots or other vision changes
- Sensitivity to light and sound

### Risk Factors and Triggers:

- Certain foods such as baked goods, chocolate and fruit juices
- Skipping meals or fasting
- Stress and other mental factors
- Bright lights, loud sounds and unusual scents
- Changes in sleep such as missing sleep or getting too much sleep
- Changes in weather or atmospheric pressure (for example, traveling by airplane)
- A family history of migraine headaches



To learn more about headaches and other 9/11-related physical and mental health conditions, visit [nyc.gov/911health](https://nyc.gov/911health) and click on the **Enrollees** tab, then **Health Conditions**.

For free, confidential mental health support, contact NYC Well. Care is available 24/7 and in over 200 languages: Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or chat at [nyc.gov/nycwell](https://nyc.gov/nycwell).

This material is provided by the New York City Department of Health and Mental Hygiene's World Trade Center Health Registry. For questions, email [wchr@health.nyc.gov](mailto:wchr@health.nyc.gov).