

## Introduction

Have you experienced fatigue, occasional headaches, or digestive issues? It is not bad enough to go to a hospital, and you have been managing on your own, but you feel jealous of healthy friends, worry that it might never get better, or feel disappointed in yourself that you would perform better if you were healthy.

Even minor health problems could make each day challenging. We have summarized the information on physical and mental issues for those of you who are concerned with minor health issues.

This is for those who are struggling now and for everyone else. Please take a moment to read this pamphlet.



## Welcome everyone

### [Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00  
○<http://www.chc.kyusyu-u.ac.jp/>

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**Center for Health Sciences and Counseling,  
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(old health science center) 092-583-7685

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## Selfcare series for students

### [Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

### [Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

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## Mental and physical health 2

# Headache



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

# Headache

Headaches can be classified as dangerous, which potentially affect life or death, and benign.

## 1. Dangerous headaches

### ①Subarachnoid hemorrhage

The most famous dangerous headache is subarachnoid hemorrhaging. It becomes more common with age, but can happen to young people as well. If you experience a sudden onset of a headache as if “someone hit you on your head,” immediately visit a department of neurosurgery. Appropriate treatment at the appropriate time makes drastic difference in the outcome, such as recovery, after-effects, or even death.

“Arachnoid” is a thin membrane that covers the surface of the brain. The cause is unknown, but a bulge called aneurysm develops in a blood vessel in the brain, making that area of the vessel prone to rupture. In some cases, there is congenital malformation of blood vessels, which leads to rupture. When these bulges and malformations rupture, hemorrhaging occurs in the subarachnoid space, and thus, it is called subarachnoid hemorrhage. Typically, it causes severe headache and nausea, but if bleeding is minor, the headache may not be intense. Regardless of the intensity of the headache, the pain does not go away in a few hours and could last for several days. Even if you tend to get headaches, if it is sudden and different from usual, please consider subarachnoid hemorrhage. Even if it is mild, “sudden onset of a headache” that “would not go away for several days” should be examined at a department of neurosurgery.

### ②Other dangerous headaches

Other dangerous causes of headaches include cerebral hemorrhage, brain tumor, and meningitis. Cerebral hemorrhage occurs due to a ruptured blood vessel, as in subarachnoid

hemorrhage, but instead of headache, the symptoms are related to the functions of the part of the brain where the bleeding occurred, such as impaired vision, difficulty moving hands and feet, difficulty speaking, and impaired consciousness.

Characteristics of the headache caused by a brain tumor are that unlike the headache caused by subarachnoid hemorrhage, it starts very slowly and gradually increases in intensity. It is also most intense when waking up in the morning. Similar to cerebral hemorrhage, cerebral functions may be impaired. Meningitis is an inflammation of the meninges (membrane that covers the brain, which includes arachnoid membrane) caused by viruses or bacteria. As it is an infection, it is accompanied by fever. Following a high fever, if the headache gradually increases in intensity, it may be meningitis. Bacterial meningitis can become quite severe, and treatment with an antibacterial agent needs to be started as quickly as possible. If you experience these symptoms, please visit a doctor. In this case (not subarachnoid hemorrhage), general practice instead of neurosurgery is sufficient.

## 2. Benign headaches

### ①Tension headache

If symptoms of “dangerous headaches” are not present, assume it is a benign headache. Many benign headaches recur, so patients are usually aware. If people who are prone to headache experience another “usual” headache, there is no need for a concern.

The most common benign headache is tension headache and migraine. Tension headache is much more common, and gets its

name from the fact that people develop tension headaches if they are nervous for a long time or if the muscle on the head (outside of the skull) stays intense for too long. As it is connected to the muscle on the head, it is often accompanied by pain in the neck and shoulder. It is different from migraine, in that it improves with exercise. Typically, besides chronic stress, lack of sleep, and eye strain (due to excessive use of smart phones and computers), all combine to cause migraine. Over the counter, painkiller works, but overuse could make it less effective. Take time to relax, sleep well, avoid eye strain, and exercise to prevent such headaches.

### ②Migraine

Migraine is the next most common benign headache. It is said to occur due to the constriction or dilation in a part of the cerebral blood vessel. It is characterized by a sudden onset of pulsating and throbbing headache. In addition to such characteristic pain, it tends to occur when someone is relieved of stress and relaxes, instead of being in the middle of a stressful situation. Exercise usually makes migraine worse, which is different from tension headache. In some cases, there are some “warning signs” before the onset of the headache, which is characteristic of migraine. A common warning sign is “scintillating scotoma,” where a bright flickering light appears in the visual field. Over the counter, painkiller should help with migraine, but in severe cases, prescription-grade painkiller is necessary. If it occurs often, a prophylactic agent may be necessary. In such a case, please visit a doctor. Neurology or neurosurgery departments are ideal, but you can visit general medicine if these departments are not available.