
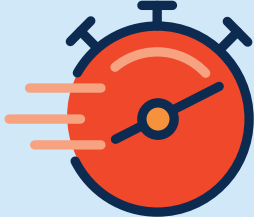


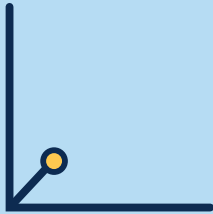
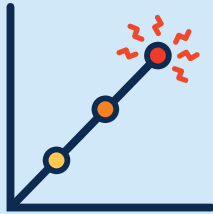

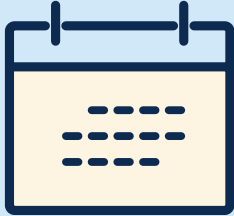




Headaches vs. Migraines: Recognize the differences

Millions suffer from headaches and migraines. But did you know each has its own unique symptoms, which often change depending on the person? You can identify common characteristics and the differences between both in the chart below.

	Headache	Migraine
How it starts	 <p>Tends to slowly develop.</p>	 <p>Comes on suddenly.</p>
Location	 <p>Tension forms around the head or in the sinuses.</p>	 <p>Usually on one side of the head.</p>
Pain level	 <p>Mild to moderate.</p>	 <p>Severe, often 'piercing' or 'intense'.</p>
Duration	 <p>30 minutes or longer.</p>	 <p>Hours to days.</p>
Symptoms	 <p>Pain in head, neck, or face.</p>	 <p>Nausea, vomiting, sensitivity to light and sound.</p>