

Published based on [Chronic Tension Type Headache](#)

# Chronic Tension Type Headache

[Chronic tension headaches](#) are characterized by headaches that occur for at least 15 days per month and up to three months. Moderate pain with a steady pressing feeling that usually lasts for days is caused by chronic tension headaches. Chronic tension headaches may leave you feeling slightly nauseous but not enough to start vomiting. In addition, any sort of physical activity does not cause these types of headaches.

Chronic tension headaches can affect a person quality of life as it is difficult to carry on with a normal happy life when you are constantly in pain. Normally chronic tension headaches are caused by being passed down in the genes. However several environmental factors may also act as triggers. In addition, occasionally, tension type headaches may evolve into chronic tension headaches. Normally, you will feel pain on both sides of the head with a feeling of pressure. It is best that you consult a doctor for medical advice if you suffer from these symptoms. Although dealing with chronic tension headaches is not easy, you should not let it control your life.

Visit a doctor to find out what the possible treatments available are. Also try and identify the causes and possible reasons for the headaches, especially if they are evolved from tension type headaches. It is also proven by research that women are more prone to chronic tension headaches than men. It is important to educate yourself when dealing with chronic tension headaches. The more you know the better. When you understand more about chronic tension headaches, their causes and the possible triggers, you have already won half the battle. By knowing what to expect and what to look for you will be better prepared to deal with the headaches as well.

Having [chronic tension type headache](#) doesn't mean that you will end up enjoying a lower quality of life than people without headaches. You should remember to get proper medical care when needed. Occasionally, since the overdose of medication can result in a rebound headache, it is always best to consult your doctor for the prescribed medication. By taking a few steps, such as educating yourself and also getting the help you need from professionals you will be able to deal with chronic tension headaches much more effectively and also lead a happy healthy life doing all the things you have always wanted to do.

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