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# Headache Sinus

[Sinus headaches](#) are caused by a condition called Sinusitis. Many things such as allergies, infections, colds or even a weakened immune system may cause Sinusitis. A dull throbbing pain coming from deep inside the head is felt by people suffering from sinus headaches. The sinus headache will disappear when you cure sinusitis.

When you have sinus headache, you will realize that moving your head in a certain way makes it worse whereas moving it in other ways actually reduces the pain. A sinus headache is sometimes accompanied with a sore throat, slight fever or cough and other flu like symptoms. Although these symptoms can be easily recognized and treated, the most important thing is to find out the cause of the sinusitis in you and to cure it. To treat your sinus headache you will have to take medication to cure your sinusitis. Sometimes halfway during the course of your medicine all the symptoms may disappear but it is best for you to see the course of medicine through to the end to prevent a relapse from occurring. You may also be prescribed a nasal spray, which will work on reducing the inflamed area. Painkillers will also be prescribed to relieve the headaches.

When treating a sinus headache it is important to figure out what caused the sinusitis in the first place. If an allergy is the cause behind sinusitis, you should treat the allergy first while making sure that a relapse won't occur. Unlike migraines or tension headaches, sinus headaches are much easier to treat as well as to prevent from recurring as well.

The best way of avoiding sinus headaches is to prevent yourself from getting sinusitis. Since sinus headaches are caused by sinusitis you have to take steps that prevent this chain reaction from happening. Certain steps such as washing your hands often to reduce the chance of catching an infection, avoiding smoking and receiving your yearly flu shot should be taken to prevent sinusitis.

You must educate yourself about [sinus headache](#) and the methods that can be taken to prevent them by doing adequate research. As there are a variety of drugs that can take away the pain of a sinus headache, consider researching each one carefully to decide which one would be most suitable for you. You could always consult your doctor for further information if you are in doubt.

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