AN INTRODUCTION TO
REBOUND HEADACHES

PROVIDED BY

TruDenta®
LIFE CHANGING DENTISTRY

TRUDENTA® IS A COMPREHENSIVE SYSTEM OF DIAGNOSTIC & TREATMENT METHODOLOGY FOR CHRONIC MIGRAINE OR HEADACHE SUFFERERS.

The TruDenta® system enables a trained doctor experienced in working with the nerves and muscles of the neck, jaw, and head to:
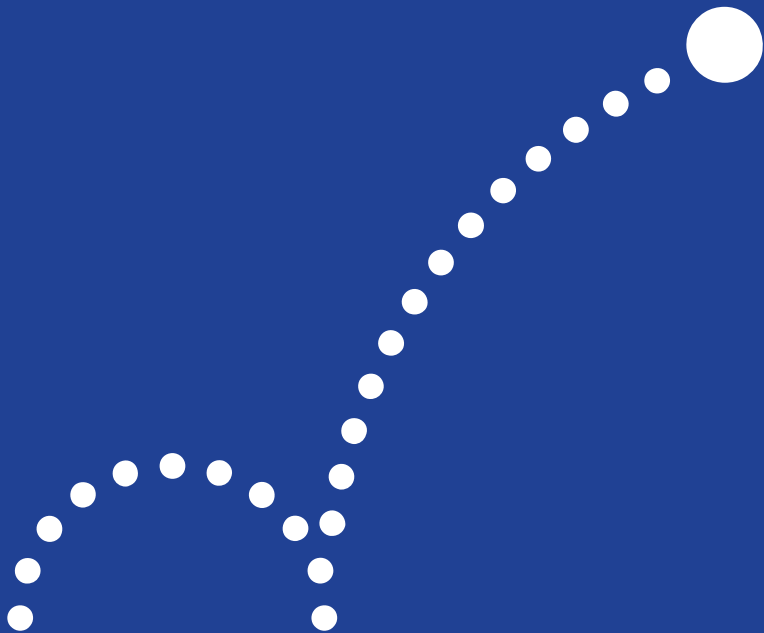
Accurately scan for the subtle signs of imbalances that can result in chronic head pain
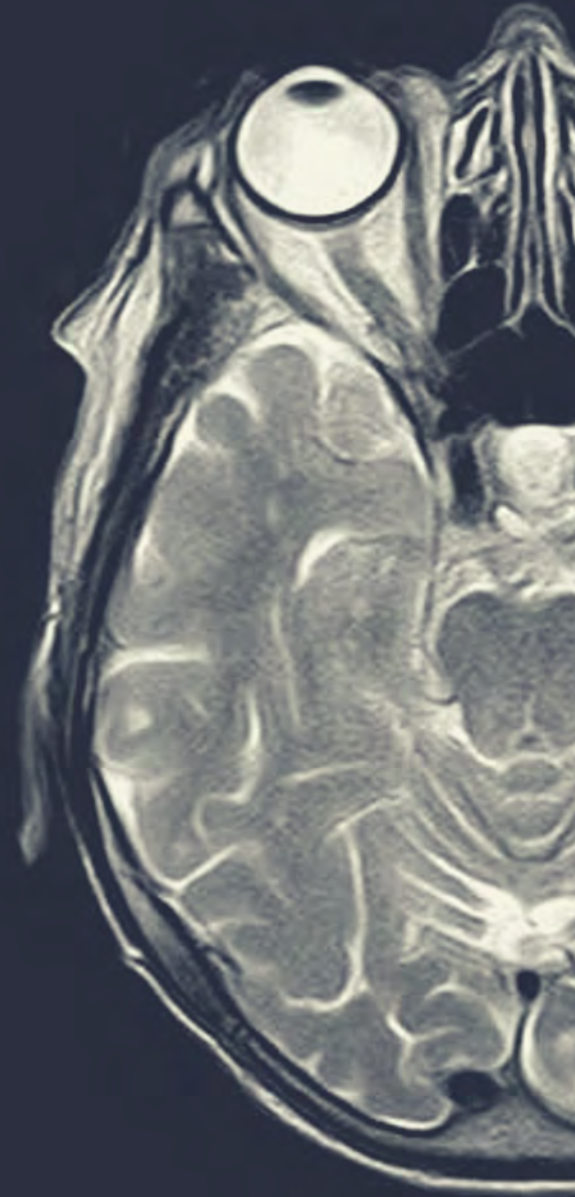
Create a personalized drug-free treatment plan to relieve pain and rehabilitate damaged areas

What *is* a rebound headache?

When pain-relief medication for chronic headaches is overused, the brain begins to send **ineffective pain indicators**.

Rather than the brain's normal response to pain, its message center sends indicators with mixed signals to the nerves, resulting in a lingering, persistent headache.

Symptoms include:

- Early morning head pain
- Pain that subsides with medication but consistently returns

Causes of rebound headaches

Patients dealing with chronic pain are often susceptible to rebound headaches, as **the painkillers they rely on** to control their symptoms can end up causing further headaches.

Many with chronic migraines find that **other drugs or stimulants also cause rebound headaches**, including caffeine, sleep aids, sinus medications and other non-prescription drugs.

Getting help from a doctor

A headache doctor can work with patients with chronic headaches to develop a medication plan that works for them and doesn't require them to take emergency painkillers so frequently.

Sometime this means stopping a particular drug for a period of time, gradually reducing the dosage, or transitioning to a different medication entirely.

What's most important is **ensuring that the diagnosis is correct**. There is no simple test for migraines, but modern diagnostic methodologies can help uncover or rule out potential migraine causes.

Migraine resources

Want more free headache
tips and tricks?

Any questions for
our doctors, or
interested in scheduling
an appointment?

VISIT THE SITE ➡

FIND A DOCTOR ➡