

Your appointment

At your first appointment you will be assessed by a consultant neurologist who will:

- take a detailed history and thoroughly assess your condition
- undertake a general neurological examination, including examination of your neck and shoulders
- review and discuss potential underlying causes
- identify triggers and advise preventive measures to help avoid attacks
- review and advise regarding current and future medication

Symptoms to look out for before visiting the Headache Clinic include:

- nausea
- sickness
- facial numbness or tingling
- sensitivity to light, noise and smell
- head and neck tightness/pressure
- throbbing on one or both sides of your head
- impaired vision – lights, lines and zigzags

Charges and payment

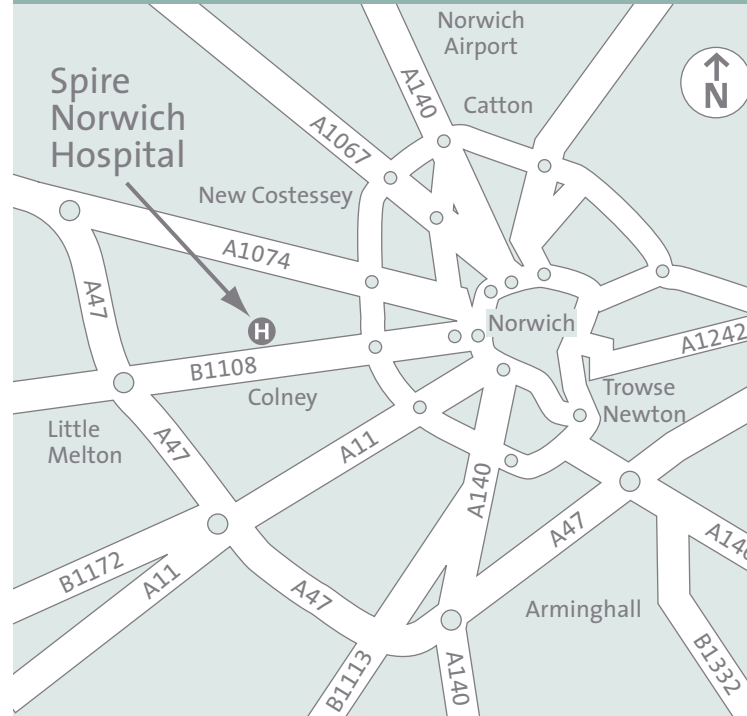
The Headache Clinic is open to all, please contact our customer service advisors on **01603 255 614** who will be happy to advise the cost for your initial consultation.

We can accept payment by debit or credit card, cheque or cash. We work also with all major medical insurers and those wishing to claim should confirm that their treatment is pre-authorised by their insurer before proceeding.

Making an appointment

It is not necessary to be referred by a GP. Simply contact our customer service advisors on **01603 255 614** to make an appointment.

How to find us



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For more detailed directions to the hospital please visit www.spirehealthcare.com/norwich



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Headache Clinic

Take control of your headaches
Private consultant-led healthcare for East Anglia



An estimated 40% of the UK population suffer from regular headaches which may result in a substantially reduced quality of life during attacks. When people experience headaches for the first time, or a more severe headache than they are used to, it's natural to be concerned that this may represent something serious. Establishing whether or not there is an underlying cause for your headaches is often the first step to treatment and recovery.

The consultant neurologists at Spire Norwich Hospital have established an independent Headache Clinic to offer diagnosis, support and treatment for all headache sufferers.



The service includes:

- consultant-led care
- thorough assessment and individualised treatment
- rapid access to scanning facilities
- private consultation rooms and personalised care
- no waiting lists
- no GP referral required
- treatment for all, insured or not

Personalised treatment

Your first step is to visit the Headache Clinic for a consultation conducted by a consultant neurologist. Your one-to-one consultation will ensure you receive personally tailored advice and treatment. Our consultants pride themselves on caring for their patients, not just treating symptoms.

The categorisation of your headache is key to establishing what further treatment may be required, the categories are:

- primary headache - which are benign and not related to another condition
- secondary headache - which are a result of another condition

Although the cause of headaches may require investigation by a consultant neurologist - it is important to remember that the most common headache by far is primary and therefore, not a serious threat to your health. Even if your headache is severe and debilitating, try not to assume the worst. Early intervention helps to offer patients peace of mind and will alert your consultant to any serious underlying cause.

Headaches and their symptoms

Migraine

Migraines are one of the most common causes of primary headache occurring in 10% – 15% of the UK adult population. Migraines are usually characterised by a severe pain, throbbing on one or both sides of the head, nausea and sickness, sensitivity to light, noise and smell, and made worse by movement. Migraines can last from hours, up to several days in duration. A so-called 'aura' may precede the headache, and may be visual consisting of spots, zigzag lines, coloured lights or tingling of the face or limbs.



Tension-type headache (TTH)

This is another common primary headache which can be difficult to treat. Unlike migraine, it is not associated with other prominent symptoms like nausea or intolerance to bright light. The pain is often described as a pressure or tightness around the head. The headache may last for many hours and may not respond to usual painkillers. Sometimes they can become chronic and occur on a daily basis for weeks or even months at a time.



Medication overuse headache (MOH)

This condition may occur in people who take too much medication to treat their headache. The problem can start when patients pre-empt their headache and take tablets to try and stop the attack. This is usually ineffective so sufferers take more painkillers for respite – the vicious circle begins.



Secondary headaches

This type of headache is less common. Caused by an underlying structural problem in the head or neck, they can often be successfully treated when diagnosed early. There are numerous causes for this type of headache including arthritis in the neck, problems with inflammation or damage to blood vessels; rarely they can be caused by pathology such as tumours. An important part of your consultation will be to exclude any serious underlying cause.