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| Decrease headache pain with one of these techniques.  Headaches are one of the most common ailments diagnosed and treated by physicians. Migraine headaches occur in approximately **18 percent of women** and **6 percent of men** in the United States.  Many techniques in addition to medications have been found to effectively decrease headache pain. Usually, these methods are most effective when used at the onset of a migraine or headache.  **These additional techniques include:**  • Breathing exercises  • Hot/cold applications  • Massage  • Physical therapy  • Dry needling  • Acupuncture  • IV hydration  Consult with your Everside Health provider for guidance on which treatments are appropriate for you. | |
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