



Tension Type Headache

Tension-Type Headache (TTH) is the most common primary headache disorder with a mean global lifetime prevalence of 42% (Range 19-83%).

Chronic tension-type headache affects 0.5 - 4.8 % of the worldwide population.

TTH is characterised by mild-moderate and *not* severe, headache. It is bilateral and often described as pressing or tightening like a vice or tight band.

It **typically** lacks the specific features that characterise migraine such as nausea, light and noise sensitivity.

The headache is *not* aggravated by routine physical activity and this is a key criterion for diagnosis.

Duration of pain can be variable with a range from half an hour to several days. TTH on 15 or more days per month for at least 3 months is termed chronic TTH.

Disabling TTH is rare. Most patients diagnosed with disabling TTH have migraine, and respond to triptans.

Reassurance may suffice in the majority of patients.

If necessary individual attacks can be treated with simple analgesics