

Tips for Managing Headache While on Chemotherapy

Things you can do on your own



- Try to avoid situations that cause you stress and anxiety
- Try meditations or relaxation exercises
- Get adequate sleep, about 7-8 hours of sleep a night
- If headache is mild, you may try taking pain killers e.g. paracetamol or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, unless you have been told you cannot take them or are allergic to these medications

When to seek medical attention



- If you experience dizziness or fainting
- If you have visual changes e.g. blurred vision, double vision, or have difficulty seeing normally
- If you have difficulty moving or talking
- If your headache is associated with weakness, numbness or facial droop (especially if one-sided)
- If you had a preceding fall or head injury
- If you have associated nausea or vomiting
- If you have had migraines before, but this feels worse than usual



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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