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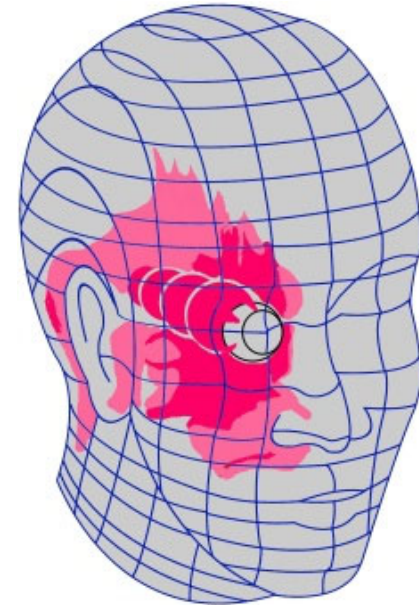
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What´s Clusterheadaches?

CSG

Clusterheadache Patient´s Group in Germany



What are Cluster Headaches?

The very painful cluster headaches also known as Bing-Horton-Headaches always appears on one side of the head and always on the same side. Most attacks only occur over a few weeks in the year. There are different forms according to the length of the attack.

The attacks appear mostly at certain periods in the year, for example in Spring or Autumn. However, new research contradicts this.

The most fierce headaches appear as a sudden attack and nearly always affect one side in the eye or temple area. The length of the attack, which appears without warning and chiefly during the night 90 minutes after falling asleep, is between 15 minutes and 3 hours. Many of the sufferers will then be woken. Attacks also appear during the day, the total number of attacks is between 1 and 8 per day/night.

At the onset of the attack, the sufferer will normally experience a runny nose and a red weeping eye on the side of the attack. In contrast to migraine sufferers who look for peace and quiet in a dark room, cluster headache sufferers are extremely nervous. They begin to walk around pressing their hands on their eye or temple, and look for a cool place, in extreme cases they will scream and bang their heads against the wall.

For about 80% of the cluster headache sufferers the attacks appear periodically during a few weeks or months of the year. This is known as "episode cluster headaches". The attacks appears due to so called "triggers" during the cluster period.

A cluster period can last between some days to a few months. Following an attack the person can go for weeks, months or even years without again being affected.

Cause of the Cluster Headaches

The actual cause of cluster headaches is still not known.

There are at least 2 theories which try to explain why they occur.

Cluster headaches are Vessel Headaches.

This theory is the opinion that expanded vessel substances trigger a cluster attack. The pain here is caused by a non bacterial infection of the vein network of the eye and sinus area. Changes to these veins can be seen using visualizing methods.

The blood flow is blocked due to the infected swollen veins and this pushes the arteries against the wall of the canal through which the blood flows to the head.

This leads to irritation of sympathetic nerves, which then causes the typical accompanying symptoms such as weepy eyes and a runny nose.

The Hypothalamus is the cause.

The second theory assumes that cluster headache sufferers have an increased build up of brain mass in the

Hypothalamus area which is a part of the midbrain.

As the midbrain controls the sleeping patterns and other bio-rhythms, this could explain the timing of the cluster headaches and the spring/autumn rhythm.

Visualizing methods show here an activation of nerve cells during an attack which are not found with other headaches.

It is important for the sufferer to find a doctor who understands the problem, this is not always easy but it is definitely worth it.

If you are a sufferer, keep searching until you find the right doctor.

Another important option for the sufferer is to enroll in a self-help group.

There are several cluster headache self-help groups being formed at the moment in Germany.

To differentiate themselves from other activities and to form a united presence the following abbreviation is used.

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If you are a sufferer please join us, you can help yourself and others. You will find our contact person on the other side of this sheet.

If you do not wish to join us or even if you are a sufferer or not, you can still help us with financial support. Or you could let us know of a potential sponsor, there is still room on this sheet for a sponsor.....