

# Carel's Pharmacy & Compounding Center

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## TENSION-TYPE HEADACHE

Tension-type headache is a nonspecific headache, which is not vascular or migrainous, and is not related to organic disease. Although tension headaches are the most common form of headache, they are the least understood. They may be related to muscle tightening in the back of the neck and/or scalp. There are two general classifications of tension-type headache: episodic and chronic, differentiated by frequency and severity of symptoms. Both are characterized as dull, aching and non-pulsating pain and affect both sides of the head. A tension headache can last from 30 minutes to an entire week. You may experience these headaches occasionally, or nearly all the time.

Symptoms for tension-type headaches may include:

- Muscles between head and neck contract
- A tightening band-like sensation around the neck and/or head which is a "vice-like" ache
- Pain primarily occurs in the forehead, temples or the back on head and/or neck
- Tenderness in scalp, neck and shoulder muscles
- Difficulty sleeping
- Fatigue
- Irritability
- Loss of appetite
- Difficulty concentrating

### Episodic

Episodic tension-type headache occurs randomly and is usually triggered by temporary stress, anxiety, fatigue or anger. They are what most of us consider "stress headaches."

### Chronic

Chronic tension-type headache is a daily or continuous headache, which may have some variability in the intensity of the pain during a 24-hour cycle. It is always present. Chronic tension-type headache can also be the result of anxiety or depression. Changes in sleep patterns or insomnia, early morning or late day occurrence of headache, feelings of guilt, weight loss, dizziness, poor concentration, ongoing fatigue and nausea commonly occur with this type of headache.

This month's featured compound is **Keto20/Cyclo2/Lido5 Lipoderm Gel**.

**Keto20/Cyclo2/Lido5 Lipoderm Gel** is a prescription compound treatment for tension headaches. It contains Ketoprofen 20%, Cyclobenzaprine 2% and Lidocaine 5% in a transdermal Lipoderm base. Ketoprofen is a non-steroidal anti-inflammatory used to treat pain. Cyclobenzaprine is a muscle relaxant used to relieve the muscle ache. Lidocaine is a local anesthetic used to numb the area. Keto20/Cyclo2/Lido5 Lipoderm Gel is used by applying a pea-sized amount to head and/or neck area where pain is present and massaging in for two to three minutes four to six times daily as needed. The transdermal gel generally decreases side effects associated with the individual medications such as stomach upset and drowsiness.

*\*\*Update on Previous Compound Treatment: RKC Capsules, featured in last month's newsletter for migraines, are now available over the counter in a lower strength. The over the counter version contains Riboflavin 100mg, Ketoprofen 12.5mg and Caffeine 65mg.*

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacist and staff at (580) 355-4540.