

Common cold/'flu

Fever

Hangover

Head injury

Infection (ear/ tonsils/ sinus/tooth abscess)

Medication: indomethacin; nitrates (e.g. GTN), vasodilators

Pre-menstrual syndrome (PMS)

Stress

Raised blood pressure (25% increase or >180/130): bilateral, constant

### **RARE CAUSES:**

- Cerebral aneurysm

- Brain tumour
- Stroke
- TIA (mini-stroke)
- Meningitis/encephalitis
- benign cough headache,
- 'ice-cream' headache,
- 'benign exertional headache' precipitated by exercise
- headache associated with sexual activity.