

# ANNUAL CARDIOLOGISTS MEETING

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### The cause of the morning headache is a violation of the venous outflow from the head due to the oncoming flow

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**Purpose:** Official medicine cannot explain why a significant percentage of people often have morning headache. Or rather, doctors believe that there are too many different reasons. But people, taking a recommended medication, mainly antispasmodics, continue to suffer from morning headaches. How to help?

**Method:** The study of numerous sources of information posted on the Internet.

**Result:** The question of the causes of morning headache is relevant for many people. Here are some data given in the literature. Some people wake up refreshed in the morning. Others wake to a debilitating morning headache. Maurice M. Ohayon says in his research article on morning headaches that one in every 13 people is affected by morning headaches, and women are more prone than men. He also found those ages 45 to 64 had the greatest risk for morning headaches, as did those who were unemployed or homemakers. The key causes of morning headaches are depression and/or anxiety, sleep apnea or sleep bruxism. In

addition, excessive alcohol consumption leads to morning headaches, says Ohayon. The effects of anxiety and/or depression were analyzed. The preliminary conclusion of Maurice M. Ohayon: Anxiety and/or Depression. Based on a telephone questionnaire of nearly 20,000 people in the United Kingdom and other European countries, ages 15 years and older, Ohayon found the most significant factors correlating with morning headaches were anxiety and depression. Subjects with anxiety had about twice the risk of morning headache compared with those without anxiety. Those with major depressive disorder alone had 2.7 times the risk for morning headache. The risk was highest for those with both anxiety and depressive disorders, who had a 3.5 times greater risk for suffering from morning headaches. Interestingly, the use of sedatives increases the risk for morning headache. Let's first look at the characteristic age-related changes in the human venous system in violation of the outflow of venous blood from the brain.

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