

# Chronic headache

**Chronic headache**, or chronic daily headache (CDH), is classified as experiencing fifteen or more days with a headache per month.

It is estimated that chronic headaches affect “4% to 5% of the general population”.

Chronic headaches consist of different sub-groups, primarily categorized as chronic tension-type headaches and chronic **migraine** headaches.

The treatments for chronic headache are vast and varied. Medicinal and non-medicinal methods exist to help patients cope with chronic headache, because chronic headaches cannot be cured.

Whether pharmacological or not, treatment plans are often created on an individual basis.

Multiple sources recommend multimodal treatment, which is a combination of medicinal and non-medicinal remedies.[5] Some treatments are controversial and are still being tested for effectiveness. Suggested treatments for chronic headaches include medication, physical therapy, acupuncture, relaxation training, and biofeedback. In addition, dietary alteration and behavioral therapy or psychological therapy are other possible treatments for chronic headaches.

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