

Mayo Clinic Minute: What are cluster headaches?

Video	Audio
	Imagine being woken up abruptly by excruciating head pain that reaches peak intensity in seconds. (NATS)
Dr. Robertson 00:02:11 – 00:02:29	"And then (there is) 15 to 20 minutes of this pain, which is so severe that patients often cannot stand or cannot sit still. They have to get up, pace around, maybe push on the head or bang things against the head. And then, again, it shuts off like a light switch."
	This is a cluster headache.
Carrie Robertson, M.D. Neurology Mayo Clinic 00:00:52 – 00:01:10	"For patients who struggle with this, for six to 12 weeks, they may have multiple headaches per day — maybe one to eight headaches per day. And then just as abruptly as the cycle started, the cycle will shut off. And they might be headache-free for months or even a year before another cycle starts."
	Many times, cluster headache will occur without a trigger. However, ...
00:09:02 – 00:09:17	"... a cluster headache does tend to be seasonal, and the fall is one of the seasons that we frequently see patients with their cycles starting."
	There's no cure for cluster headaches, but treatments are available to help decrease the severity of pain, shorten the headache period and prevent the attacks.
00:10:02 – 00:10:09	"We've made a lot of progress in the past 10 years, but we're actively pursuing additional treatments on an ongoing basis."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.