

## Side Effects: Headache

Headaches are one of the most common side effects of the new medications. It is also a common symptom of hepatitis C (HCV for short). The headaches reported in the studies of the new medications were mild to moderate. A headache can feel like

pain, pressure or throbbing and can affect the front, side or back of the head. It can last from as little as 30 minutes to days. It is important to make sure to tell your doctor or nurse if the pain lasts for more than a day or longer or if you feel the headache is serious.

### ***If you suffer from a headache try these simple tips:***

- ◆ Stay away from too much caffeinated coffee, and sodas, but sometimes small amounts of caffeine may help
- ◆ Avoid loud noises, strong odors, bright lights
- ◆ Place a cool damp cloth (or frozen peas) on the back of the neck or forehead; some headaches respond to warm instead of cool cloths
- ◆ Practice relaxation techniques—meditation, prayer, biofeedback, acupuncture, acupressure
- ◆ Try to lie down in a dark quiet room
- ◆ Over-the-counter pain medication may help – check with your doctor or nurse

### ***Remember.....***

- ◆ The headaches reported in the clinical trials were generally mild to moderate
- ◆ Most of the headaches can be managed with the simple tips listed above

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