

IDENTIFYING TYPES OF HEADACHE



	Tension Type (TTH)	Migraine	Cluster	Medication Over-use Headache (MOH)
SENSATION	<p>Often referred to as a common headache. Symptoms include:¹</p> <ul style="list-style-type: none"> Mild to moderate pain Pressing or tightening on both sides of head. 	<p>Moderate to severe headache pain with symptoms including:¹</p> <ul style="list-style-type: none"> Pulsating sensation usually on one side of head Nausea Vomiting Sensitivity to light or sound. 	<p>Severe headache on one side of head with symptoms including:¹</p> <ul style="list-style-type: none"> Red/watery eye Blocked nose Sweating/flushed face Droopy eyelid on same side as headache. 	<p>Dull headache pain, often worst during the morning. Symptoms including:⁷</p> <ul style="list-style-type: none"> Have trouble sleeping Feel tired Sick and irritable. 
IMPACT	Customers can still carry on with everyday life. ¹	Can have a major impact on customers, stopping them from being able to do everyday tasks. ¹	Customers may say they feel restless and agitated. ¹	Can have a negative effect on customers, their work and quality of life. ⁸
DURATION	Can last from 30 minutes to as long as 7 days. ¹	Typically lasts 4-72 hours. ¹	Can last 15 minutes to 3 hours. May occur up to 8 times a day in clusters lasting for weeks/months and then disappear. Can return months or years later. ¹	Lasts at least 15 days a month. ¹ It is also known as a chronic daily headache.
CAUSES	Can occur when muscles in the head and neck send pain signals to the head. ^{2,3}	Cause unclear, thought to be due to temporary changes in the brains chemicals, blood vessels and nerves. ⁵	Cause unclear, thought to be connected to our bodies biological clocks. ⁷	Caused by overuse of headache relieving treatments – customers at risk when consuming more than 3 days a week. ⁷
CUSTOMERS	TTH is the most common type of headache you'll see in your pharmacy, with up to 80% of customers experiencing a TTH at some point in their lives. ⁴	Around 1 in 10 of customers experience migraines. ⁶	Less common in the pharmacy as it affects fewer people than TTH and migraine. ⁷ Customers usually find it starts between the ages of 20-40 years. ¹	Up to 3% of your adult customers can develop a chronic headache. ⁷ Most customers are unaware of the potential to develop MOH by taking analgesics regularly. ⁹
WHEN TO REFER	<p>When the customer's headache is not being relieved by OTC treatments, or the pain and frequency is causing them to miss work and not perform daily activities. Refresh your knowledge of red flag symptoms at www.rbforhealth.co.uk/headache</p>			

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TREATING HEADACHE PAIN*



	STANDARD RELIEF	FAST RELIEF	STRONG RELIEF	
THE PRODUCT	 <p>Tablets/Caplets contain 200mg ibuprofen.</p>	 <p>Meltlets contains 200mg Ibuprofen.</p>	 <p>Available as caplets, tablets and liquid capsules in a variety of dosages.</p>	 <p>Tablets contain standard ibuprofen 200mg + paracetamol 500mg.</p>
HOW IT WORKS	Blocks the production of prostaglandins in the brain and body. ^{11,12}	Dissolves on the tongue to block the production of prostaglandins in the brain and body. This is important in migraine as the stomach can be affected, which then affects how medicines are absorbed. ¹⁴	Fast-absorbing ibuprofen that blocks the production of prostaglandins in the brain and body. ^{11,12}	Blocks prostaglandin production in two ways. ^{11,12}
WHO IS IT FOR?	Customers with no specific pain relief needs who want long-lasting, effective pain relief.	Customers looking for dissolvable treatment. Experts recommend this type of treatment for customers with migraine. ⁷	Customers who want fast relief, which is also long lasting and effective.	Customers who want stronger pain relief than that provided by ibuprofen or paracetamol alone. Who prefer to avoid codeine or who find codeine doesn't work for them.
WHY RECOMMEND?	<ul style="list-style-type: none"> Up to 8 hours pain relief (400mg dose).¹³ 	Nurofen Meltlets are placed on the tongue and rapidly dissolve to release the ibuprofen.	<ul style="list-style-type: none"> Nurofen Express Liquid Capsules provide faster and more effective headache relief than paracetamol^{15 †} Starts to get to work in 10 minutes.^{16,17 ‡} 	<ul style="list-style-type: none"> A meta-analysis showed that customers can get the relief they need than with either ibuprofen or paracetamol alone or Solpadeine Plus^{18 **} Opioids such as codeine containing products are not recommended for headache management.^{1,7,19}
CUSTOMER COUNSELLING	<p>Taking ibuprofen with food can delay its absorption,¹¹ Nurofen Tablets and Nurofen Express should be taken with water and not necessarily with food unless advised by the doctor or pharmacist, (it is recommended to take Nuromol with food and water). Always read the label to understand if suitable for children.</p>			

*Tension type headache and migraine only. Nurofen should not be used for cluster headaches or MOH. † With 400mg dose vs. standard paracetamol 1000 mg. ‡ Refers to absorption; does not apply to Nurofen Express ibuprofen lysine 684 mg variant. ** Based on Number-Needed to Treat, i.e. the number of customers that have to take the medicine for one person to benefit. The lower the NNT number, the more effective the medicine and the greater the number of people who will benefit. Based on combination 200mg ibuprofen/500mg paracetamol versus 400mg ibuprofen or 1000mg paracetamol or a combination of 1000mg paracetamol/13mg codeine/60mg caffeine.

Essential information:

NUROFEN 200mg TABLETS: Ibuprofen 200 mg/tablet. **Indications (GSL):** Relief of migraine-headaches, backache, dental pain, neuralgia and period pains as well as rheumatic and muscular pains and cold and flu symptoms. **Indications (P):** Relief of migraine-headaches, backache, dental pain, neuralgia and period pains as well as rheumatic and muscular pains, pain of non-serious arthritis conditions and cold and flu symptoms. **Legal Category:** GSL. **MA Holder:** Reckitt Benckiser Healthcare (UK) Ltd, SL1 4AQ. **MRRP:** £2.66 (16s). Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: www.medicines.org.uk/emc/medicine/24209;

NUROFEN MELTLETS LEMON: Ibuprofen 200 mg/meltlet. **Indications:** relief of mild to moderate pain, such as headache, backache, period pain, dental pain, neuralgia, rheumatic and muscular pain, migraine, cold and flu symptoms and feverishness. **Legal Category:** GSL. **MA Holder:** Reckitt Benckiser Healthcare (UK) Ltd, SL1 4AQ. **MRRP:** £2.99 (12s). Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <http://www.medicines.org.uk/emc/medicine/23380>

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) ltd on: 0333 200 5345.

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NUROMOL 200mg/500mg TABLETS. Active ingredients: Each tablet contains ibuprofen (200mg) and paracetamol (500mg). **Indications:** For the temporary relief of mild to moderate pain associated with migraine, headache, backache, period pain, dental pain, rheumatic and muscular pain, pain of non-serious arthritis, cold and flu symptoms, sore throat and fever. This product is especially suitable for pain which requires stronger analgesia than ibuprofen or paracetamol alone. **Dosage instructions:** Adults over 18 yrs: One tablet to be taken up to three times per day with water. If needed, dose may be increased to two tablets three times a day. Leave at least six hours between doses. Maximum of 6 tablets per 24 hours. To minimise side effects, it is recommended that patients take Nuromol with food. If symptoms persist, worsen or if the product is required for more than 3 days, the patient should consult a doctor. **Elderly:** The lowest effective dose should be used for the lowest possible duration. The patient should be monitored regularly for gastrointestinal bleeding when using a NSAID. **Contra-indications:** Known hypersensitivity to ibuprofen, paracetamol or any other excipients. History of hypersensitivity reactions associated with acetylsalicylic acid/NSAIDs. History of, or an existing gastrointestinal ulceration/perforation or bleeding, defects in coagulation, severe hepatic failure, severe renal failure or severe heart failure. During the last trimester of pregnancy. Do not give: in concomitant use with other paracetamol-containing products or with other NSAID containing products, including cyclo-oxygenase-2 (COX-2) specific inhibitors and doses of acetylsalicylic acid above 75 mg daily. **Side effects, precautions:** The risk of paracetamol overdose is greater in patients with non-cirrhotic alcoholic liver disease. Immediate medical advice should be sought in the event of an overdose, even if the patient feels well, because of the risk of delayed, serious liver damage. Caution is required in elderly patients and in patients with certain conditions: respiratory disorders, cardiovascular, cerebrovascular, renal and hepatic impairment, gastrointestinal bleeding, ulceration and perforation, SLE and mixed connective tissue disease. Serious skin conditions and impaired female fertility may occur. Severe skin reaction known as DRESS syndrome can occur. Symptoms of DRESS include: skin rash, fever, swelling of lymph nodes and an increase of eosinophils (a type of white blood cells). **Warnings for use:** do not give to patients who have taken ibuprofen or paracetamol in the last 6 hours; do not give in combination with paracetamol or NSAID containing medicine. Common side effects: abdominal pain, diarrhoea, dyspepsia, nausea, stomach discomfort and vomiting. Increase in amino-transferase, gammaglutamyltransferase, blood creatine, blood urea, liver dysfunction. **Recommended retail price:** £3.99 (12s); £6.99 (24s). **Supply classification:** P. **Marketing authorisation holder:** Reckitt Benckiser Healthcare (UK) Ltd, Slough, SL1 3UH. **MA number:** PL 00063/0649 **Date last revised:** February 2018. For full information refer to SPC (<http://www.medicines.org.uk/emc/>)

NUROFEN EXPRESS 200 MG LIQUID CAPSULES: Ibuprofen 200mg/capsule. Indications: Symptomatic relief of rheumatic or muscular pain, backache, neuralgia, migraine, headache, dental pain, dysmenorrhoea, feverishness colds and influenza symptoms. Legal Category: GSL. **MA Holder:** Reckitt Benckiser UK Ltd, SL1 4AQ. **MRRP:** £3.29 (10s); £4.29 (16s); Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <http://www.medicines.org.uk/emc/medicine/23387>

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