

the Telehealth Times



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KAMRYN'S CORNER

Hello all! I hope everyone is staying cool and hydrated. This month is National Migraine and Headache Awareness Month. I have included education on both, as well as triggers, symptoms and treatments. If you experience migraines or headaches frequently, you should start keeping a diary to track them and see if a trigger can be determined. A free diary template can be downloaded or printed from this website:

<https://headaches.org/resources/headache-diary-keeping-a-diary-can-help-yourdoctor-help-you/>. Additionally, migraines and headaches can be triggered by high blood pressure (hypertension). It is essential to monitor your blood pressure regularly and comply with medication adherence. You should seek medical attention if you develop vision loss, persistent vomiting, change in mental status, stiff neck, shortness of breath, or numbness.



Kamryn Williams, LPN
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Palmetto Care Connections

Yours Truly,
Kamryn

FACTS AND STATS

- Approximately 75% of migraine sufferers are female.
- It is estimated that 40 million Americans suffer from migraines.
- Head pain is the 6th leading cause for ER visits in the U.S.



Headaches

Common Types of Headaches



Stress



Migraine



Hypertension



Cluster



Sinus



Post-Traumatic



TMJ



Exertion



Thunderclap headache

HEADACHE



PAIN
INTENSITY



TENSION



MENTAL
FOG



PRESSURE



DISRUPTION

Headaches

Common Causes of Headaches



When you have a headache...



Migraines

MIGRAINE

A **migraine** is a neurological disorder characterized by recurrent headaches that can cause severe pain, nausea, and sensitivity to light and sound, and can be triggered by various factors, including stress, certain foods, and hormonal changes.



SYMPTOMS

- Pain usually on one side of your head, but often on both sides.
- Pain that throbs or pulses.
- Sensitivity to light, sound, and sometimes smell and touch.
- Nausea and vomiting.

Migraine Triggers

- stress
- lack of sleep
- light
- skipped meals
- smell
- alcohol
- weather



WAYS TO RELIEVE MIGRAINE PAIN



RELAX IN DARK
QUIET PLACE



STAY HYDRATED



TAKE MEDICATION



TRY CAFFEINATED
DRINK



APPLY HOT OR
COLD COMPRESS

Migraines

TYPES OF MIGRAINE



CLASSIC MIGRAINE
(migraine with aura)



MIGRAINE WITHOUT
AURA



SILENT MIGRAINE
(aura without pain)



EPISODIC MIGRAINE
<15 DAYS A MONTH

CHRONIC MIGRAINE
>15 DAYS A MONTH

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU'RE EXPERIENCING:



HEDACHE THAT LASTS
MORE THAN 72 HOURS



THE WORST HEDACHE
YOU'VE EVER HAD



VISION
LOSS



CONSCIOUSNESS
LOSS



UNCONTROLLABLE
VOMITING

Migraine Symptoms



headache



nausea and vomiting



dizziness



feeling tired



fever



loss of appetite



diarrhea



sensitivity to light,
noise and odors



sweating or chills



pale skin color (pallor)



blurred vision

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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