

100-Question Multiple-Choice Quiz About Headaches with Answers

1. What is the most common type of primary headache?

- A. Cluster headache
- B. Migraine
- C. Tension headache
- D. Sinus headache

Answer: C. Tension headache

Explanation: Tension headaches are the most common type of primary headache. They are often caused by stress, muscle tension, fatigue, or poor posture.

2. Which symptom is most commonly associated with migraines?

- A. Sudden loss of hearing
- B. Throbbing head pain
- C. Chest pain
- D. Rash

Answer: B. Throbbing head pain

Explanation: Migraines often cause moderate to severe throbbing or pulsating pain, usually on one side of the head.

3. What does the term "aura" refer to in migraine sufferers?

- A. Fever before a headache
- B. Visual or sensory disturbances
- C. Muscle weakness after exercise
- D. Ear infection symptoms

Answer: B. Visual or sensory disturbances

Explanation: A migraine aura may include flashing lights, blind spots, tingling sensations, or speech disturbances before the headache begins.

4. Which headache type is known for severe pain around one eye?

- A. Tension headache
- B. Sinus headache
- C. Cluster headache
- D. Rebound headache

Answer: C. Cluster headache

Explanation: Cluster headaches cause intense pain around or behind one eye and often occur in cyclical patterns.

5. Which factor commonly triggers migraines?

- A. Adequate sleep
- B. Hydration
- C. Stress
- D. Balanced meals

Answer: C. Stress

Explanation: Stress is one of the most common migraine triggers. Emotional tension can activate changes in brain chemicals that contribute to headaches.

6. What is photophobia?

- A. Fear of water
- B. Sensitivity to light
- C. Loss of smell
- D. Dizziness

Answer: B. Sensitivity to light

Explanation: Many migraine sufferers experience photophobia, meaning bright lights worsen their headache symptoms.

7. Which over-the-counter medication is commonly used for headache relief?

- A. Ibuprofen
- B. Antibiotics
- C. Insulin
- D. Antacids

Answer: A. Ibuprofen

Explanation: Ibuprofen is a nonsteroidal anti-inflammatory drug (NSAID) often used to treat mild to moderate headaches.

8. What is a rebound headache?

- A. A headache caused by exercise
- B. A headache from medication overuse
- C. A headache after eating
- D. A headache due to dehydration only

Answer: B. A headache from medication overuse

Explanation: Frequent use of headache medications can actually lead to rebound headaches, also called medication-overuse headaches.

9. Which symptom may accompany a cluster headache?

- A. Runny nose
- B. Broken bone
- C. Hair loss
- D. Stomach ulcer

Answer: A. Runny nose

Explanation: Cluster headaches may cause tearing, nasal congestion, or a runny nose on the affected side of the face.

10. Which beverage can trigger headaches in some people?

- A. Water
- B. Milk
- C. Red wine
- D. Herbal tea

Answer: C. Red wine

Explanation: Alcohol, especially red wine, can trigger headaches and migraines in susceptible individuals.

11. Dehydration can commonly cause which type of headache?

- A. Tension-type headache
- B. Infection headache
- C. Brain tumor headache
- D. Trauma headache

Answer: A. Tension-type headache

Explanation: Dehydration may lead to headaches because the brain temporarily contracts from fluid loss, increasing pain sensitivity.

12. Which nutrient deficiency is sometimes linked to headaches?

- A. Vitamin D
- B. Calcium
- C. Magnesium
- D. Sodium only

Answer: C. Magnesium

Explanation: Low magnesium levels have been associated with migraines in some individuals.

13. What is the typical duration of a migraine?

- A. A few seconds
- B. 4–72 hours

- C. Two weeks continuously
- D. Less than one minute

Answer: B. 4–72 hours

Explanation: Untreated migraines commonly last from 4 to 72 hours.

14. Which headache type often feels like a tight band around the head?

- A. Cluster headache
- B. Tension headache
- C. Migraine
- D. Stroke headache

Answer: B. Tension headache

Explanation: Tension headaches are frequently described as a squeezing or tightening sensation around the head.

15. Which symptom is considered a medical emergency with headaches?

- A. Mild fatigue
- B. Sudden “worst headache of life”
- C. Mild nausea
- D. Temporary stress

Answer: B. Sudden “worst headache of life”

Explanation: A sudden, severe headache could indicate bleeding in the brain or another serious condition requiring emergency care.

16. What is nausea commonly associated with?

- A. Cluster headaches only
- B. Tension headaches only
- C. Migraines

D. Eye strain only

Answer: C. Migraines

Explanation: Nausea and vomiting are common migraine symptoms due to changes in brain and nervous system activity.

17. Which lifestyle habit may reduce headaches?

- A. Skipping meals
- B. Irregular sleep
- C. Staying hydrated
- D. Excess caffeine

Answer: C. Staying hydrated

Explanation: Proper hydration can help prevent dehydration-related headaches and migraines.

18. Which hormone change commonly affects migraines?

- A. Insulin changes only
- B. Thyroid hormones only
- C. Estrogen fluctuations
- D. Growth hormone changes only

Answer: C. Estrogen fluctuations

Explanation: Hormonal changes, especially involving estrogen, can trigger migraines in some individuals.

19. Which imaging test may be used to investigate severe headaches?

- A. MRI
- B. Ultrasound of the foot
- C. Colonoscopy
- D. Dental X-ray only

Answer: A. MRI

Explanation: MRI scans can help doctors evaluate possible brain abnormalities related to headaches.

20. What is phonophobia?

- A. Fear of insects
- B. Sensitivity to sound
- C. Loss of taste
- D. Muscle pain

Answer: B. Sensitivity to sound

Explanation: Many migraine sufferers become highly sensitive to noise during attacks.

21. Which headache is often associated with sinus pressure?

- A. Sinus headache
- B. Cluster headache
- C. Migraine aura
- D. Rebound headache

Answer: A. Sinus headache

Explanation: Sinus headaches are linked to inflammation or infection of the sinus cavities.

22. Which food additive can trigger headaches in some people?

- A. Fiber
- B. MSG
- C. Protein
- D. Potassium

Answer: B. MSG

Explanation: Monosodium glutamate (MSG) can trigger headaches or migraines in sensitive individuals.

23. Which headache disorder is more common in women?

- A. Migraine
- B. Cluster headache
- C. Brain injury headache
- D. Fever headache

Answer: A. Migraine

Explanation: Migraines affect women more frequently, likely due to hormonal influences.

24. What does chronic migraine mean?

- A. One migraine per year
- B. Migraine lasting one hour
- C. Headaches occurring 15 or more days per month
- D. Migraines only during winter

Answer: C. Headaches occurring 15 or more days per month

Explanation: Chronic migraine is defined as headaches occurring frequently over a prolonged period.

25. Which factor can worsen tension headaches?

- A. Relaxation
- B. Good posture
- C. Stress
- D. Drinking water

Answer: C. Stress

Explanation: Stress and muscle tension are major contributors to tension headaches.

26. Which medication class is commonly prescribed for migraine prevention?

- A. Beta blockers
- B. Antibiotics
- C. Antifungals
- D. Steroids only

Answer: A. Beta blockers

Explanation: Beta blockers can reduce migraine frequency in some patients.

27. Which symptom may indicate meningitis rather than a simple headache?

- A. Mild thirst
- B. Stiff neck and fever
- C. Hunger
- D. Sneezing

Answer: B. Stiff neck and fever

Explanation: Severe headache with fever and neck stiffness may indicate meningitis, which requires urgent medical attention.

28. What is a common migraine trigger related to food?

- A. Fresh vegetables
- B. Aged cheese
- C. Rice
- D. Apples

Answer: B. Aged cheese

Explanation: Tyramine-containing foods like aged cheese may trigger migraines in susceptible individuals.

29. Which headache type may wake a person from sleep?

- A. Cluster headache
- B. Mild tension headache
- C. Hunger headache only
- D. Eye strain headache only

Answer: A. Cluster headache

Explanation: Cluster headaches often occur at night and may wake sufferers suddenly.

30. Which organ system is primarily involved in migraine disorders?

- A. Nervous system
- B. Digestive system
- C. Urinary system
- D. Skeletal system

Answer: A. Nervous system

Explanation: Migraines are neurological disorders involving changes in brain activity and nerve signaling.

31. Which condition can cause secondary headaches?

- A. Brain tumor
- B. Stress only
- C. Mild fatigue only
- D. Hunger only

Answer: A. Brain tumor

Explanation: Secondary headaches result from underlying medical conditions such as tumors, infections, or injuries.

32. Which technique may help prevent tension headaches?

- A. Meditation
- B. Smoking

- C. Skipping sleep
- D. Dehydration

Answer: A. Meditation

Explanation: Relaxation techniques can reduce stress-related muscle tension and headaches.

33. Which headache symptom may suggest stroke?

- A. Gradual mild discomfort
- B. Sudden weakness or speech difficulty
- C. Mild thirst
- D. Temporary boredom

Answer: B. Sudden weakness or speech difficulty

Explanation: Neurological symptoms with headache may indicate stroke and require emergency evaluation.

34. What is caffeine withdrawal known to cause?

- A. Skin rash
- B. Headaches
- C. Broken bones
- D. Vision improvement

Answer: B. Headaches

Explanation: Suddenly stopping caffeine can lead to withdrawal headaches due to changes in blood vessel activity.

35. Which headache type is often pulsating?

- A. Migraine
- B. Sinus headache only
- C. Tension headache only
- D. Posture headache only

Answer: A. Migraine

Explanation: Pulsating or throbbing pain is a hallmark symptom of migraines.

36. What is a common environmental migraine trigger?

- A. Bright lights
- B. Quiet rooms
- C. Fresh air
- D. Darkness

Answer: A. Bright lights

Explanation: Bright or flashing lights can trigger migraines in sensitive individuals.

37. Which headache may occur after a head injury?

- A. Post-traumatic headache
- B. Cluster headache
- C. Tension headache
- D. Sinus headache

Answer: A. Post-traumatic headache

Explanation: Headaches commonly occur after concussions or other head injuries.

38. Which sleep habit may help prevent headaches?

- A. Consistent sleep schedule
- B. Staying awake all night
- C. Frequent naps only
- D. Sleeping two hours nightly

Answer: A. Consistent sleep schedule

Explanation: Regular sleep patterns can reduce migraine and tension headache frequency.

39. Which headache type is more common in men?

- A. Cluster headache
- B. Migraine
- C. Hormonal headache
- D. Sinus headache

Answer: A. Cluster headache

Explanation: Cluster headaches are more common in men than women.

40. What is the purpose of keeping a headache diary?

- A. To avoid doctors
- B. To identify triggers and patterns
- C. To increase headaches
- D. To replace treatment

Answer: B. To identify triggers and patterns

Explanation: Recording symptoms, foods, sleep, and stress can help identify headache triggers.

41. Which symptom commonly accompanies sinus headaches?

- A. Nasal congestion
- B. Hair loss
- C. Chest pressure
- D. Hearing loss

Answer: A. Nasal congestion

Explanation: Sinus headaches often occur with nasal congestion and facial pressure.

42. Which type of headache is considered primary?

- A. Migraine
- B. Brain hemorrhage headache
- C. Infection headache
- D. Tumor headache

Answer: A. Migraine

Explanation: Primary headaches occur independently and are not caused by another medical condition.

43. Which activity may trigger exertional headaches?

- A. Heavy lifting
- B. Reading quietly
- C. Drinking water
- D. Sleeping

Answer: A. Heavy lifting

Explanation: Intense physical activity can trigger exertional headaches in some people.

44. Which healthcare professional commonly treats chronic headaches?

- A. Neurologist
- B. Dentist only
- C. Dermatologist
- D. Orthopedic surgeon only

Answer: A. Neurologist

Explanation: Neurologists specialize in disorders of the nervous system, including headaches.

45. Which weather condition can trigger headaches in some people?

- A. Barometric pressure changes
- B. Calm weather only
- C. Snow only
- D. Mild temperatures only

Answer: A. Barometric pressure changes

Explanation: Weather changes may affect sensitive individuals and trigger migraines.

46. Which headache symptom is typical of migraines?

- A. One-sided pain
- B. Broken tooth
- C. Skin infection
- D. Leg swelling

Answer: A. One-sided pain

Explanation: Migraines often affect one side of the head, though both sides can sometimes be involved.

47. Which medication type is specifically designed for migraine attacks?

- A. Triptans
- B. Antibiotics
- C. Antihistamines only
- D. Vitamins only

Answer: A. Triptans

Explanation: Triptans target serotonin receptors and are commonly used to stop migraine attacks.

48. Which symptom may occur before a migraine begins?

- A. Aura
- B. Bone fracture

- C. Rash
- D. Tooth decay

Answer: A. Aura

Explanation: Some people experience visual or sensory changes before migraine pain starts.

49. Which habit can contribute to frequent headaches?

- A. Poor posture
- B. Regular exercise
- C. Healthy diet
- D. Hydration

Answer: A. Poor posture

Explanation: Muscle strain from poor posture can trigger tension headaches.

50. Which headache type is least common?

- A. Cluster headache
- B. Tension headache
- C. Migraine
- D. Dehydration headache

Answer: A. Cluster headache

Explanation: Cluster headaches are relatively rare but extremely painful.

51. What does analgesic mean?

- A. Headache trigger
- B. Pain-relieving medication
- C. Sleep disorder
- D. Vitamin supplement

Answer: B. Pain-relieving medication

Explanation: Analgesics are medicines used to relieve pain, including headaches.

52. Which symptom suggests eye strain headache?

- A. Blurred vision after screen use
- B. Fever and rash
- C. Severe chest pain
- D. Paralysis

Answer: A. Blurred vision after screen use

Explanation: Long periods of screen time can cause eye strain and headaches.

53. Which infection commonly causes headaches?

- A. Flu
- B. Broken arm
- C. Arthritis only
- D. Osteoporosis

Answer: A. Flu

Explanation: Viral infections such as influenza commonly produce headaches.

54. Which beverage may help relieve dehydration headaches?

- A. Water
- B. Energy drinks only
- C. Alcohol
- D. Soda only

Answer: A. Water

Explanation: Rehydration is an important treatment for dehydration-related headaches.

55. Which headache symptom may require emergency evaluation?

- A. Sudden confusion
- B. Mild stress
- C. Hunger
- D. Yawning

Answer: A. Sudden confusion

Explanation: Confusion with headache may indicate serious neurological problems.

56. What is a common childhood headache disorder?

- A. Migraine
- B. Cluster headache only
- C. Stroke headache
- D. Brain tumor only

Answer: A. Migraine

Explanation: Children can experience migraines, often with nausea and abdominal symptoms.

57. Which mineral is sometimes used as a migraine supplement?

- A. Magnesium
- B. Iron only
- C. Zinc only
- D. Copper only

Answer: A. Magnesium

Explanation: Magnesium supplements may help reduce migraine frequency in some individuals.

58. Which condition is associated with thunderclap headaches?

- A. Brain bleeding
- B. Seasonal allergies only
- C. Dry skin
- D. Mild dehydration only

Answer: A. Brain bleeding

Explanation: Thunderclap headaches can signal life-threatening conditions such as subarachnoid hemorrhage.

59. Which therapy may help tension headaches?

- A. Massage
- B. Smoking
- C. Excess alcohol
- D. Sleep deprivation

Answer: A. Massage

Explanation: Massage therapy can reduce muscle tension contributing to headaches.

60. Which factor may trigger headaches during travel?

- A. Jet lag
- B. Healthy meals
- C. Relaxation
- D. Walking

Answer: A. Jet lag

Explanation: Changes in sleep schedules and fatigue during travel can trigger headaches.

61. Which headache is linked to medication overuse?

- A. Rebound headache

- B. Sinus headache
- C. Cluster headache
- D. Exertional headache

Answer: A. Rebound headache

Explanation: Excessive use of pain medications can worsen headaches over time.

62. Which diagnostic procedure may analyze spinal fluid in severe headache cases?

- A. Lumbar puncture
- B. Colonoscopy
- C. Echocardiogram
- D. Bone scan

Answer: A. Lumbar puncture

Explanation: A lumbar puncture can help detect infections or bleeding affecting the brain.

63. Which headache type often occurs in cycles?

- A. Cluster headache
- B. Sinus headache
- C. Eye strain headache
- D. Hunger headache

Answer: A. Cluster headache

Explanation: Cluster headaches often happen in recurring periods called cluster cycles.

64. Which symptom commonly worsens migraines?

- A. Physical activity
- B. Rest
- C. Darkness

D. Quiet environments

Answer: A. Physical activity

Explanation: Routine movement often intensifies migraine pain.

65. Which vitamin deficiency may contribute to headaches?

A. Vitamin B2 deficiency

B. Vitamin K only

C. Vitamin E only

D. Vitamin A only

Answer: A. Vitamin B2 deficiency

Explanation: Riboflavin (Vitamin B2) plays a role in energy production and may influence migraines.

66. What is a common trigger for weekend headaches?

A. Changes in sleep schedule

B. Drinking water

C. Walking outside

D. Reading books

Answer: A. Changes in sleep schedule

Explanation: Oversleeping or altered routines can trigger headaches in susceptible individuals.

67. Which headache may be associated with fever?

A. Infection-related headache

B. Tension headache only

C. Eye strain headache only

D. Hunger headache only

Answer: A. Infection-related headache

Explanation: Fever and headache together often suggest an infection.

68. Which pain description best fits a tension headache?

- A. Tight pressure
- B. Sharp stabbing pain around one eye
- C. Electric shock sensation
- D. Burning skin pain

Answer: A. Tight pressure

Explanation: Tension headaches are usually described as dull, pressing pain.

69. Which body chemical is involved in migraines?

- A. Serotonin
- B. Calcium only
- C. Insulin only
- D. Hemoglobin only

Answer: A. Serotonin

Explanation: Changes in serotonin levels are thought to play a role in migraines.

70. Which headache trigger is related to fasting?

- A. Skipping meals
- B. Stretching
- C. Reading
- D. Sleeping early

Answer: A. Skipping meals

Explanation: Low blood sugar from missed meals can trigger headaches and migraines.

71. Which headache disorder may include tearing of the eye?

- A. Cluster headache
- B. Tension headache
- C. Dehydration headache
- D. Hunger headache

Answer: A. Cluster headache

Explanation: Cluster headaches often cause eye redness and tearing.

72. Which imaging method uses radiation?

- A. CT scan
- B. MRI only
- C. Ultrasound only
- D. EEG only

Answer: A. CT scan

Explanation: CT scans use X-rays to create detailed images of the brain.

73. Which headache type can be hereditary?

- A. Migraine
- B. Sinus headache only
- C. Dehydration headache only
- D. Hunger headache only

Answer: A. Migraine

Explanation: Migraines often run in families due to genetic influences.

74. Which symptom may occur during migraine aura?

- A. Zigzag visual lines

- B. Hair growth
- C. Sneezing only
- D. Tooth pain only

Answer: A. Zigzag visual lines

Explanation: Visual distortions are common aura symptoms.

75. Which condition may cause headaches from low oxygen?

- A. High altitude
- B. Reading
- C. Meditation
- D. Quiet sleep

Answer: A. High altitude

Explanation: Reduced oxygen levels at high altitude can trigger headaches.

76. Which type of headache is often bilateral?

- A. Tension headache
- B. Cluster headache
- C. Eye injury headache
- D. Stroke headache

Answer: A. Tension headache

Explanation: Tension headaches usually affect both sides of the head.

77. Which lifestyle change may reduce migraine frequency?

- A. Regular exercise
- B. Sleep deprivation
- C. Smoking
- D. Excess caffeine

Answer: A. Regular exercise

Explanation: Consistent moderate exercise may reduce stress and improve migraine control.

78. Which symptom is uncommon in simple tension headaches?

- A. Severe vomiting
- B. Mild pressure
- C. Neck tightness
- D. Scalp tenderness

Answer: A. Severe vomiting

Explanation: Vomiting is more characteristic of migraines than tension headaches.

79. Which headache trigger is linked to strong smells?

- A. Perfume
- B. Water
- C. Fresh bread
- D. Exercise only

Answer: A. Perfume

Explanation: Strong odors can trigger migraines in sensitive individuals.

80. Which sleep disorder may contribute to headaches?

- A. Sleep apnea
- B. Healthy sleep
- C. Daytime walking
- D. Good posture

Answer: A. Sleep apnea

Explanation: Sleep apnea can reduce oxygen during sleep and contribute to morning headaches.

81. Which headache is associated with eye redness?

- A. Cluster headache
- B. Tension headache
- C. Hunger headache
- D. Dehydration headache

Answer: A. Cluster headache

Explanation: Eye redness and tearing commonly accompany cluster headaches.

82. Which symptom is typical in migraine attacks?

- A. Sensitivity to smells
- B. Broken bone pain
- C. Skin infection
- D. Foot swelling

Answer: A. Sensitivity to smells

Explanation: Many migraine sufferers become sensitive to odors during attacks.

83. Which headache may result from poor ergonomics?

- A. Tension headache
- B. Cluster headache
- C. Thunderclap headache
- D. Sinus headache

Answer: A. Tension headache

Explanation: Poor desk posture can strain neck and shoulder muscles, causing headaches.

84. Which condition can cause headaches due to elevated blood pressure?

- A. Hypertensive crisis
- B. Healthy circulation
- C. Mild fatigue
- D. Balanced nutrition

Answer: A. Hypertensive crisis

Explanation: Extremely high blood pressure can lead to severe headaches and emergencies.

85. Which hormone-related headache occurs around menstruation?

- A. Menstrual migraine
- B. Sinus headache
- C. Exertional headache
- D. Eye strain headache

Answer: A. Menstrual migraine

Explanation: Hormonal changes during the menstrual cycle can trigger migraines.

86. Which symptom suggests a sinus infection headache?

- A. Facial tenderness
- B. Sudden paralysis
- C. Chest tightness
- D. Hearing loss

Answer: A. Facial tenderness

Explanation: Inflamed sinuses often produce facial pain and tenderness.

87. Which activity may help relieve stress headaches?

- A. Yoga
- B. Smoking
- C. Excessive alcohol use
- D. Sleep deprivation

Answer: A. Yoga

Explanation: Yoga combines relaxation and stretching that may reduce tension headaches.

88. Which headache can occur after spinal anesthesia?

- A. Post-dural puncture headache
- B. Sinus headache
- C. Cluster headache
- D. Menstrual migraine

Answer: A. Post-dural puncture headache

Explanation: Leakage of spinal fluid after puncture can cause severe positional headaches.

89. Which symptom is associated with migraine progression?

- A. Increasing sensitivity to light
- B. Hair growth
- C. Improved appetite only
- D. Increased hearing only

Answer: A. Increasing sensitivity to light

Explanation: Photophobia often becomes more severe as migraines progress.

90. Which pain reliever should be used cautiously to avoid rebound headaches?

- A. Frequent analgesics
- B. Water

- C. Vitamins
- D. Stretching exercises

Answer: A. Frequent analgesics

Explanation: Overusing pain medicines may worsen headaches over time.

91. Which headache symptom in older adults should always be evaluated carefully?

- A. New-onset headache
- B. Mild hunger
- C. Temporary boredom
- D. Sneezing

Answer: A. New-onset headache

Explanation: New headaches in older adults may signal serious underlying conditions.

92. Which disease can cause temporal headaches and vision problems in older adults?

- A. Temporal arteritis
- B. Asthma
- C. Diabetes only
- D. Eczema

Answer: A. Temporal arteritis

Explanation: Temporal arteritis is an inflammatory condition that may threaten vision if untreated.

93. Which headache may improve in a dark quiet room?

- A. Migraine
- B. Cluster headache only
- C. Sinus headache only

D. Dehydration headache only

Answer: A. Migraine

Explanation: Reducing light and noise often helps ease migraine symptoms.

94. Which dietary habit may help prevent headaches?

- A. Regular balanced meals
- B. Skipping breakfast
- C. Excess sugar intake
- D. Severe dieting

Answer: A. Regular balanced meals

Explanation: Stable blood sugar levels may reduce headache triggers.

95. Which type of headache can be caused by caffeine excess?

- A. Caffeine headache
- B. Tumor headache
- C. Stroke headache
- D. Sinus infection headache

Answer: A. Caffeine headache

Explanation: Too much caffeine may constrict blood vessels and contribute to headaches.

96. Which symptom is characteristic of thunderclap headache?

- A. Sudden severe pain
- B. Mild gradual discomfort
- C. Itching only
- D. Sneezing only

Answer: A. Sudden severe pain

Explanation: Thunderclap headaches reach maximum intensity within seconds to minutes.

97. Which factor may help reduce computer-related headaches?

- A. Screen breaks
- B. Staring continuously at screens
- C. Poor lighting
- D. Dehydration

Answer: A. Screen breaks

Explanation: Frequent breaks reduce eye strain and muscle tension.

98. Which specialist may help with vision-related headaches?

- A. Ophthalmologist
- B. Podiatrist
- C. Cardiologist only
- D. Gastroenterologist only

Answer: A. Ophthalmologist

Explanation: Eye specialists can diagnose vision problems contributing to headaches.

99. Which headache symptom is often described as excruciating?

- A. Cluster headache pain
- B. Mild tension headache
- C. Hunger headache
- D. Mild dehydration headache

Answer: A. Cluster headache pain

Explanation: Cluster headaches are among the most painful headache disorders.

100. Which healthy habit supports overall headache prevention?

- A. Balanced lifestyle
- B. Chronic sleep deprivation
- C. Smoking regularly
- D. Skipping hydration

Answer: A. Balanced lifestyle

Explanation: Good sleep, hydration, nutrition, stress management, and exercise can reduce headache frequency and severity.