

# Headache

**In 2006, the first headache centre in Estonia, focused on the diagnostics and treatment of headaches, was established at the East Tallinn Central Hospital.**

We have been specialised in headaches for a long time; we were the first in Estonia to begin offering independent appointments with a headache nurse. We focus special attention on dealing with patients suffering from migraines with auras and cluster headaches. We offer different treatment possibilities. We have created special nutrition counselling for headache patients.

Besides therapies using medicinal products, we also offer alternative treatment methods: muscle taping, TENS therapy, consultation with a clinical psychologist.