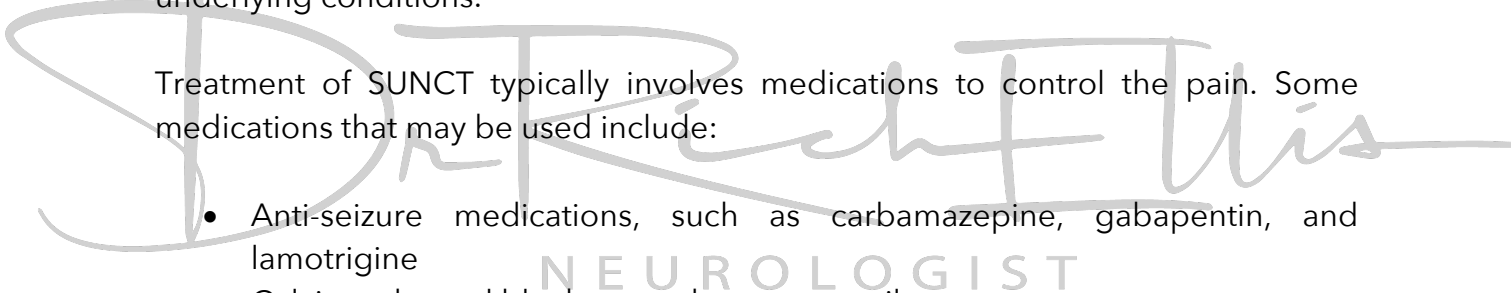


SUNCT (Short-lasting unilateral neuralgiform headache attacks with conjunctival injection and tearing) is a rare headache disorder that causes severe, stabbing, and excruciating pain that lasts from a few seconds to a few minutes. It typically occurs on one side of the head and as the (very long) name suggests is associated with watering and redness of the eye on the affected side. SUNCT can occur in people of all ages, but it is more common in men over the age of 50.

The cause of SUNCT is unknown, but it is thought to be related to a malfunction of the trigeminal nerve, which is responsible for sensation in the face. It is also thought that certain chemicals in the brain may be involved in the development of SUNCT.

Diagnosis of SUNCT can be challenging, as it is a rare condition and there are no specific tests to diagnose it. A doctor will typically take a detailed medical history and perform a physical exam to rule out other conditions that may be causing the symptoms. Imaging tests, such as an MRI, may also be ordered to rule out other underlying conditions.

Treatment of SUNCT typically involves medications to control the pain. Some medications that may be used include:

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- Anti-seizure medications, such as carbamazepine, gabapentin, and lamotrigine
 - Calcium channel blockers, such as verapamil
 - Steroids, such as prednisone
 - Local anaesthetics, such as lidocaine

It is important to note that not all medications may be effective for all patients, and it may take some time to find the right treatment plan. In some cases, a combination of medications may be used to control the pain.

In addition to medication, lifestyle changes may also help manage SUNCT. These may include getting enough sleep, managing stress, avoiding trigger foods or activities, and staying hydrated.

If you have been diagnosed with SUNCT, it is important to work closely with your specialist to find the best treatment plan for you. SUNCT can be a challenging condition to manage, but with the right treatment and support, it is possible to improve symptoms and quality of life.