

National Migraine & Headache Awareness Month

Presented by:
Healthy Christian Ministry

Headache:

- pain in any region of the head. Headaches may occur on one or both sides of the head, be isolated to a certain location, radiate across the head from one point, or have a viselike quality.

Origins of Pain in the Head

- Extra-cranial pain sensitive structures:
 - Sinuses
 - Eyes/orbits
 - Ears
 - Teeth
 - TMJ
 - Blood vessels
 - 5,7,9,10 cranial nerves carry pain from the structure
- Intra-cranial pain sensitive structures:
 - Arteries of circle of willis and proximal dural arteries,
 - Dural Venous sinuses,veins
 - Meninges
 - Dura

Classification of Headaches

- **PRIMARY** - *NO structural or metabolic abnormality:*
 - Tension
 - Migraine
 - Cluster
- **SECONDARY** – *structural or metabolic abnormality:*
 - Extracranial: sinusitis, otitis media, glaucoma, TMJ ds
 - Intracranial: SAH, vasculitis, dissection, central vein thrombosis, tumor, abscess, meningitis
 - Metabolic disorders: CO₂ retention, CO poisoning

Types of Headaches:

1. **Tension** - the most common type, feel like a constant ache or pressure around the head, especially at the temples or back of the head and neck.
2. **Cluster** - which affect more men than women, they are recurring headaches that occur in groups or cycles. They appear suddenly and are characterized by severe, debilitating pain on one side of the head, and are often accompanied by a watery eye and nasal congestion or a runny nose on the same side of the face.

Types of Headaches:

- **Sinus** - sinus becomes inflamed, often due to an infection, it can cause pain. It can be associated with a fever.

Usually diagnosed by symptoms

- **Rebound** - Overuse of painkillers for headaches. Occurs every/nearly everyday, usually waking you up in the early mornings.

- **Tension Headache**: Over-the-counter treatments, such as aspirin, ibuprofen, or acetaminophen (Tylenol), are usually sufficient to treat them.
- **Cluster** - avoid triggers like bright lights, alcohol, drugs and emotional stressors.

Medications: Imitrex, Steroid(prednisone), Reglan or Zofran to treat any nausea or vomiting.

- a recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision.

Symptoms

The symptoms of migraine headaches can occur in various combinations and include:

- Moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, or can shift from one side of the head to the other
- Sensitivity to light, noise or odors
- Blurred vision
- Nausea or vomiting, stomach upset, abdominal pain
- Loss of appetite

Symptoms

- Sensations of being very warm or cold
- Paleness
- Fatigue
- Dizziness
- Fever (rare)
- Bright flashing dots or lights, blind spots, wavy or jagged lines (aura)

1.2.4 Familial hemiplegic migraine (FHM)

- A. At least 2 attacks fulfilling criteria B and C
- B. Aura consisting of fully reversible motor weakness and ≥ 1 of:
 1. fully reversible visual symptoms including positive and/or negative features
 2. fully reversible sensory symptoms including positive and/or negative features
 3. fully reversible dysphasic speech disturbance

1.2.6 Basilar-type migraine

As 1.2.1 except:

- B. Aura consisting of ≥ 2 of the following fully reversible symptoms, but no motor weakness:
1. dysarthria; 2. vertigo; 3. tinnitus; 4. hypacusia;
 5. diplopia; 6. visual symptoms simultaneously in both temporal and nasal fields of both eyes; 7. ataxia;
 8. decreased level of consciousness;
 9. simultaneously bilateral paraesthesias
- C. At least one of the following:
1. at least one one aura symptom develops gradually over ≥ 5 min and/or different aura symptoms occur in succession over ≥ 5 min
 2. each aura symptom lasts ≥ 5 and ≤ 60 min

- Based on medical history, symptoms and physical and neurological examination.

Tests:

Blood test

MRI(Magnetic Resonance Imaging)

CT Scan (Computerized tomography)

Spinal Tap (lumbar puncture)

Pain Relievers:

Aspirin, Ibuprofen, Tylenol, and Excedrin (aspirin, acetaminophen w/ caffeine)

Triptans: (medications that constrict the blood vessels and block pain pathways in the brain.)

Imitrex

Anti-Nausea Medication:

Reglan, Zofran

Steroids:

Prednisone, Dexamethasone

BOTOX

Lifestyle Changes

- Practice muscle relaxation exercises.
- Get enough sleep, but don't oversleep.
- Rest and relax.
- Keep a headache diary.
- Reduce your stress

The Headache Diary

- Pain score
- Characteristics of the pain
- Associated symptoms
- Acute treatments used and response
- Triggers

RED Flags

- New onset headache in a patient >50 y.o.
- Sudden, worst headache of one's life
- Morning headache associated with N/V
- Fever, weight loss
- Worsens with valsalva maneuvers
- Focal neurologic deficits, jaw claudication
- Altered LOC
- Hx of trauma, cancer or HIV

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The End