



Headaches in Children

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Common problem

- 40% of children by age 7
- 75% by age 15
- 20% have chronic headaches



Objective

- Distinguish between benign versus serious etiologies
- Tests
- Treatment



History

- 14 year old with new onset headache



History

- Where?
- Quality?
- How long?
- How often?
- Since when?
- Aggravating and relieving factors
- Photophobia, phonophobia, nausea, vomiting
- Aura?
- Associated neurological symptoms?



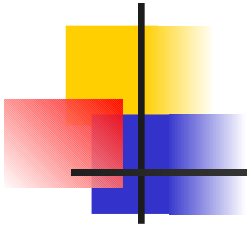
History

- Medication history
- Comorbid conditions
- Family history



History

- Severe 13/10 cannot move, neck stiffness, first episode
- Severe 13/10 cannot move, multiple episodes, worse today



Examination



Examination

- Neck stiffness
- NC markers
- Fundus
- Motor, sensory
- Gait

Acute headaches- secondary causes



- Subarachnoid hemorrhage
- Trauma
- Aneurysm/ AVM
- Congenital malformations
- Increased intracranial pressure
- Infections
- Neoplasm



Classification

- Migraines with aura
- Migraines without aura
- Complicated migraine- hemiplegic migraine, basilar migraine, ophthalmoplegic migraine
- Migraine variants- cyclical vomiting, BPV
- Cluster headache



Migraines

- Unilateral
- Pulsatile
- Moderate to severe intensity
- Lasting 4-72 hours
- P/P/N/V
- Aura+/-



Chronic daily headache

- Transformed migraines
- Medication overuse headaches
- New onset chronic daily persistent headaches
- Hemicrania continua
- Chronic tension headaches



Secondary causes of chronic headaches

- Sinusitis
- Rheumatological disorders
- Infectious- Lyme, mycoplasma, EBV
- Hyperthyroidism
- Pseudotumor cerebri



Tests

- Neuroimaging
- Spinal Tap
- Blood work



Treatment

Abortive treatment

Prophylactic treatment

Treatment of comorbid factors



Ped Midas score

- Keep headache log
- Avoid trigger factors
- **EARLY ABORTIVE INTERVENTION IS THE KEY**



Abortive treatment

- NSAIDS- Naprosyn, Toradol
- Triptans
- Compazine
- Reglan
- IV Depacon
- Opiates, butalbital, caffeine, steroids



Prophylactic treatment

- Anti seizure medications- Topamax, VPA
- Anti depressants- Amitriptyline
- Beta blockers
- Periactin
- Calcium channel blockers



Non pharmacological therapies

- Acupuncture/acupressure
- Yoga
- Biofeedback
- Psychotherapy
- Mg/B2?
- BOTOX