

## Types of Headaches

### Migraine Headache

Occurs in 5 – 10% of children and 10 – 20% of adolescents. Hormones may be a factor as many females first experience headaches around the time they start menstruating. Migraine frequently recurs and causes moderate to severe pain. Adults normally feel migraine on one side of the head, but children may feel the pain on both sides. Genes may predispose certain people to migraines, and they often “run in families.” These headaches are frequently described as pounding or throbbing, with other symptoms, including nausea, vomiting, sensitivity to light and sound, as well as a decrease in activity.

### Tension Type Headache

This kind of headache affects 15 – 20 % of adolescents and a lower percentage of younger children. Sometimes called a muscle-contraction headache, it is often described as a pressure-like headache. It frequently occurs on both sides of the head and is usually described as being mild to moderate in severity. It often occurs toward the end of the school day and rarely interferes with activity and has no associated symptoms.

### Chronic Daily Headache

Headache occurs on more than 15 days per month and can be any kind of headache. It is frequently a mix of tension-type and migraine headaches. It occurs in about 3.5% of children and adolescents. Hemicrania continua is a rare headache type included in this category and occurs on one side of the head, with stuffy nose, droopy eyelid and red, teary eye on the same side.

## Headache Diary

A good headache diary can help us to help you! Take a look at the headache diary and see if we can track your headache frequency, severity, treatments used (and if they worked or not), and it helps you to think about what might have triggered the headache. Many versions are available online and for your smart phone.

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*Common Triggers: Poor sleep or lack of sleep, not enough fluids, too much caffeine, poor diet, skipping meals*

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### Who we are

Elliot Health System – Elliot Pediatric Neurology  
Pediatric Headache Clinic  
Pediatric Concussion Clinic

### Contact Us

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Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

## Elliot Hospital Pediatric Headache Clinic



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# Headache Treatments

## Lifestyle Changes

Simple changes in lifestyle can dramatically improve headaches in children. These simple things are not always easy to accomplish but can go a long way to improving headaches:

**Sleep Hygiene** – Your child should have a regular bedtime and rising time with 8 – 10 hours of sleep per night, all the time, even weekends.

**Fluid Intake** – Fluid intake should be about 1 ½ to 2 liters per day without caffeine. The best fluid choice is water, spread out throughout the day. If the child participates in sports, the amount of water they need to drink should be even higher.

**Food/Meals** – Children should not skip meals; that can cause a headache. They should have a protein source for breakfast to help maintain their blood glucose level. If they are poor eaters, adding a daily multivitamin can be helpful.

## Supplements for Headache

Used on a daily basis to help prevent headaches. These supplements have been tested and proven to benefit migraine headaches.

Riboflavin (Vitamin B2) – from 50 to 400 mg/day

Magnesium – 120 mg up to three times per day

Co-Q-10 – up to 300 mg/day

# Headache Disability

How do the headaches affect your child? Is he/she missing school, missing out on activities or just not themselves? These questions can help you see how the headaches are impacting on their daily life.

The following questions try to assess how much the headaches are affecting day-to-day activity. Your answers should be based on the last three months. There are no “right” or “wrong” answers so please put down your best guess.

1. How many full school days of school were missed in the last 3 months due to headaches? \_\_\_\_\_
2. How many partial days of school were missed in the last 3 months due to headaches (do not include full days counted in the first question)? \_\_\_\_\_
3. How many days in the last 3 months did you function at less than half your ability in school because of a headache (do not include days counted in the first two questions)? \_\_\_\_\_
4. How many days were you not able to do things at home (i.e., chores, homework, etc.) due to a headache? \_\_\_\_\_
5. How many days did you not participate in other activities due to headaches (i.e., play, go out, sports, etc.)? \_\_\_\_\_
6. How many days did you participate in these activities, but functioned at less than half your ability (do not include days counted in the 5th question)? \_\_\_\_\_

Total PedMIDAS Score \_\_\_\_\_

Once you’ve answered these questions, add up the total number of days to determine your child’s level of “disability.”

- 0-10, PedMIDAS Grade I, Little or no disability
- 11-30, PedMIDAS Grade II, Mild disability
- 31-50, PedMIDAS Grade III, Moderate disability
- 51+, PedMIDAS Grade IV, Severe disability

# Overview of Programs

## Pediatric Headache Clinic

This booklet is designed for use by our headache patients as an information guide and pre-planning for your visit. There are descriptions of headache types, simple treatment approaches, a headache diary to help you outline your headaches for us and a headache disability questionnaire. If you get this before your first visit, bring it along and we can review it together.



## Pediatric Concussion Clinic

Headaches are just one of the symptoms that can occur following a concussion, or mild traumatic brain injury. We will work with your child and their school to get the best recovery for your child, so they can get back to their life!



The Headache and Concussion Clinics are managed by Suzanne M Bowden, APRN.