




**PEDIATRIC
MIGRAINE**

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INCIDENCE

- Any patient with migraine age 18 and under is considered a pediatric migraineur
- Incidence increases through adolescence



INCIDENCE

- Affects about 8-25% of children age 11-15
- Average age of onset is 7 years of age for males and 11 years of age for females



HEREDITY AND MIGRAINES

Strong correlation between parents with migraine and children with migraine



HEREDITY

- Chance of child inheriting migraine is about 50% if there is one parent with migraines
- Chance of inheritance increases to 80% if both parents have migraine



HEREDITY AND MIGRAINES

- Over 60% of children with migraines have relatives other than parents that have migraines



HEREDITY AND MIGRAINES

This indicates that migraine is a genetic disease



SYMPTOMS

Can exhibit symptoms other than headache including:

1. Abdominal Pain
2. Personality Change
3. Sudden Fatigue



SYMPTOMS

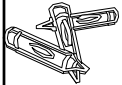
- When headache is present it is almost always bilateral and frontal
- If a child presents with headache that is not bilateral and frontal, a CT or MRI of the head is indicated



SYMPTOMS

Reasons for Mis-diagnosis:

1. Lack of classic migraine symptoms
2. Lack of nausea or emesis



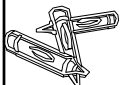
SYMPTOMS

- Nausea and emesis is rare
- Many are diagnosed with muscle tension headaches



SYMPTOMS

What do children of this age have to stress about?????



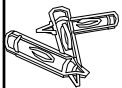
STRESS FACTORS

- Usually do not exist
- If the patient is closer to 18, there may be some stress over school/college/parents/boyfriend, etc



STRESS FACTORS

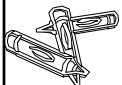
- Take a thorough social history
- Look for symptoms of ADD if the treatment you provide has not controlled the migraines



EVOLUTION

Migraines May Do 1 of 3 Things:

1. Completely resolve and not return
2. Remain the same in frequency and develop more classic symptoms
3. Increase in frequency and intensity as the child ages



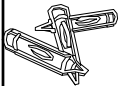
MISTREATING MIGRAINE

- Can lead to transformed migraine
- Migraines can become daily and respond poorly to current migraine treatment



WHAT WORSENS MIGRAINES

- Undertreating or mistreating of the migraine
- **DO NOT** Treat migraines (not only pediatric) with Tylenol or Excedrin



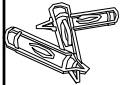
AMERICAN ACADEMY OF NEUROLOGY STATEMENT

"Confident that the most common pharmacological headache treatments given to adults are also safe and effective for children."



AMERICAN ACADEMY OF NEUROLOGY STATEMENT

Migraine in children should be treated as rigorously as any adult



ABORTIVE TREATMENT

- Should include a triptan
- Triptans come in many doses and dosage forms:
 - *Oral*
 - *Melt*
 - *Nasal Sprays*



PROPHALACTIC TREATMENT

- Beta blockers
- Calcium channel blockers
- Anti-seizure medications
- Tricyclic antidepressants



QUESTIONS??



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