



MONTHLY BUILDING BLOCKS

MARCH 2022



FOCUS:
Migraines

Migraines

- **Define**
 - Migraines are recurrent headaches often accompanied by nausea, vomiting, light sensitivity, and sound sensitivity
 - It can occur on one side of the head
 - Can last 2-72 hours
 - More common in girls >17 yo
 - 10% in 5-15 yo
 - 28% in 13-19 yo
 - 50% of people have them <12 yo
- **Causes and risk factors**
 - Family history
 - Lack of sleep, stress, excess exercise, lack of fluids, certain foods (cheeses and meats, chocolate, citrus fruits, red and yellow food dyes, MSG, artificial sweetener)
- Weather - changes in barometric pressure, extreme heat or cold, bright sunlight and glare, high humidity or very dry air
- **Stages of migraines**
 - Warning phase: tiredness, stiff neck, mood changes (can last up to 24 hours).
 - Aura: seeing spots, squiggly lines, dizziness, weakness, numbness and/or confusion.
 - Headache or attack: severe, throbbing/pulsating pain with nausea, vomiting and light sensitivity.
 - Resolution: sleep ends the headache pain for some children.
 - Recovery: feeling tired (lasts hours to days)
- **Determine severity**
 - Based on the Pediatric Migraine Disability Assessment (PedMIDAS) over 3 months which includes how many days it affects the patient in school, with activities at home, outside the home. Mild, moderate, severe based on scores (number of days that it affects the above)
- **Prevention**
 - Riboflavin (vitamin B-2), magnesium supplements may

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decrease the frequency of
migraines

- Sleep – 8-10 hours each night
- Eat – 3 healthy meals a day
plus snacks if needed
- Exercise – 3 times a week
doing 30 min of aerobic
activity
- Hydrate – 130 ounces of
fluids daily (avoid caffeine
and artificial sweeteners)
- Limit Screens – take rest
breaks (30 minutes on, 10-
minute break)
- Participate – don't avoid
activities because of the
headache
- Keep a diary
- Distract Yourself – do
something that you enjoy
when you have pain

● **Treatment**

- At the First Sign of Headache
- drink fluids – Have a 16 oz
sports drink quickly every
time you get a headache
(avoid G2/Propel)
- Aleve – 10 mg/kg/day in 2
divided doses, Tylenol,
Ibuprofen, Caffeine,
- Triptans
- Botox

*Source - Healthychildren.org,