

## Pediatric Neurology



### **Migraines**

Migraines in children are the most common acute and recurrent headache pattern experience by children. They are often incapacitating experiences and often involve accompanying symptoms of nausea, abdominal pain, and vomiting.

#### **Prevention for common triggers for migraine:**

**Hydration:** Drinking regularly helps; keep a bottle of water in class

**Nutrition:** Eat regularly and do not skip meals

**Exercise:** A migraine may develop with sudden exercise, however with regular exercise, tolerance will improve, and migraine less likely to develop.

**Sleep:** A good quality sleep schedule is essential.

**Stress:** School pressure is often a factor in migraine. Developing a healthy homework and study routine is important. Frequent school absences will eventually increase stress. Speak with teacher if school work overwhelming. The assistance of a psychologist may be beneficial for some.

**Medications:** Daily prevention medications or medications for acute migraine may be helpful however must be used in conjunction with adequate hydration, nutrition, exercise, and stress management. Rescue medications such as Advil or Tylenol should not be used more than 3 times per week as rebound headaches may develop. Please consult neurologist if child requires frequent use of rescue medications.

#### **Management of Migraines in School:**

Management of migraine at onset is crucial to improved recovery. At onset of migraine, child should receive acute migraine medication (i.e. Tylenol or Advil) and a quiet place to lie down. It is not necessary to return home unless migraine persists.

Participation in physical education is important, however if on occasion the child should develop a migraine while at school, child should be permitted to miss Physical Education class that day.