



## Ask the Expert: Pediatric Migraine

**TAKE THE ID MIGRAINE TEST**


In the last 3 months...



Has a headache limited your activities for a day or more?



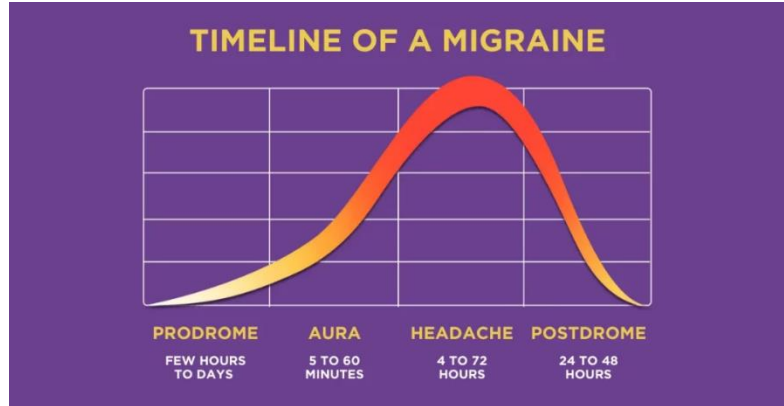
Have you been nauseous or sick in your stomach when you have a headache?



Has light bothered you when you have a headache?

If you answered YES to 2 or more questions, then you may suffer from migraines. Make an appointment to see your doctor for further help.

Get Healthy Stay Healthy



### Preventive Practice Pearls

Daily supplements and medications need adequately long trials

- 4wks on goal dose to *start* to see a change, 8-12wks total to see full benefit
- If partial improvement at 3mo mark, increase the dose before changing the preventive
  - HANG IN THERE!

### Acute Practice Pearls

Give appropriate doses and instructions for acute medications

- Use *functional* scale from Level 0-3 to guide acute med use; when frequent, only treat Level 2-3
- Use a tiered pain relief plan rather than offering one acute medication
- Triptans are first-line, NSAIDs are back-up - don't be afraid of the triptans!
- Underdosing protracts pain and leads to MOH and transformation to chronic migraine, dose by size rather than age and increase as needed and tolerated

Prevent MOH by advising limits on OTC use, start preventive if having to use them often

Treat MOH with bridge of NSAID or steroid – no acute meds during that week in order to reset

### What We Do For Migraine Is More Important Than What We Take

WATER, EATING HABITS, SLEEP, and STRESS MANAGEMENT are the foundation of control

- ½ of body weight in lbs = target number of oz per day, plus ~200oz more on exercise days
- Eat something within 1ht of getting up, concentrate on protein
- Counsel families on developmental sleep needs and support them with sleep hygiene
- Address emerging anxiety and depression, write letters to teachers and send 504 plans to school