

## **PEDIATRIC NEUROLOGY:**

### **Migraine headache**

**1) Finding:** Recurrent, stereotypic throbbing headache

**2) Relevant Information:**

- Older children may report visual or sensory aura or focal neuro deficit
- Triggered by sleep deprivation, stress, fasting
- May be associated with photophobia, phonophobia and emesis
- Relieved by sleep
- Acute treatment: ibuprofen and a caffeinated beverage (non-diet)
- “Mountain Dew” has the most caffeine of any soda in the “caffeinated beverage” category

**3) Physical Examination:**

- Normal chest, heart, abdominal examination
- Normal fundus examination
- Normal neurological examination

**4) Screening Studies:**

- Consider MRI head

**5) Disposition:**

1. All patients with abnormal MRI studies and migraine should be referred to Pediatric Neurology Clinic.
2. All patients with normal MRI studies and 1) infrequent migraine which does not respond to ibuprofen/caffeine; or 2) more than 1 incapacitating migraine per month (ie, child must leave school, parent must leave work); or 3) migraine difficult to manage, should be referred to Pediatric Neurology clinic.

Referral to Pediatric Neurology (Laura Ment, MD): Fax (203) 737 2236, Telephone (203) 785 5708.