

HEADACHE

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Headache – patient's history

- Frequency
- Location of headache
- Duration
- Intensity
- Course
- Triggers
- Family history

Headaches

Sinus:
pain is usually behind the forehead and/or cheekbones



Cluster:
pain is in and around one eye



Tension:
pain is like a band squeezing the head



Migraine:
pain, nausea and visual changes are typical of classic form



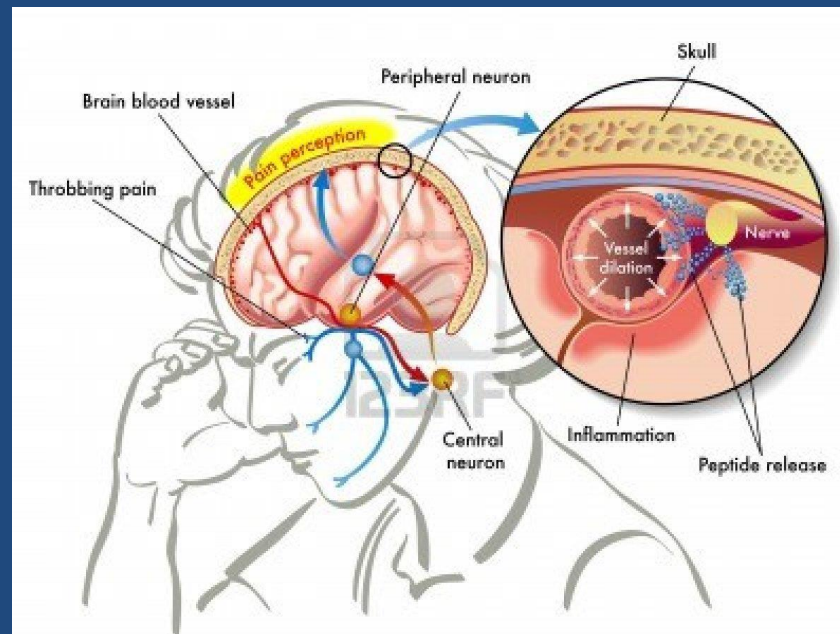
MIGRA CAP RELIEF POINTS

Migraine

- Women affected more often
- With / without „aura“
- One half of head affected
- Often after awakening and exercise
- Sensitivity to light and noise – patients seek peace, silence and darkness
- Nausea or vomiting
- Triggering factors can be found in 90% of patients
- Migraine lasts 4-72 hours and usually goes away after night sleep

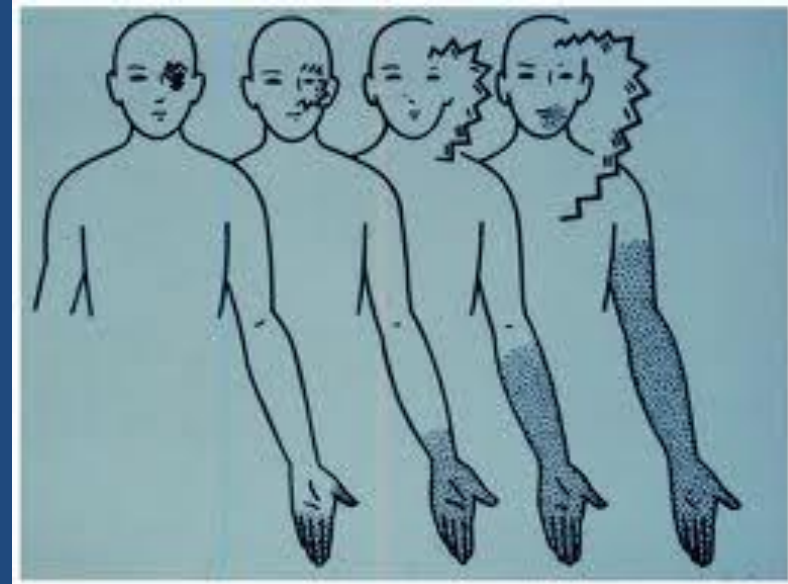
Migraine

- Pathophysiology: inflammatory reaction around blood vessels in dura mater due to changes of activity of the trigeminal nucleus



Migraine

- Visual Aura
 - photopsia, zig-zag lines, colour vision disturbances, ...
 - Lasts 5-60 minutes, usually followed by headache
- Therapy:
 - Supervised by neurologist
 - Prophylactic if too frequent
 - Acute treatment of individual attacks



Tension headache

- Pain of the whole head
- Low to medium intensity
- Only small sensitivity to noise or light
- Sometimes nausea, vomiting never, aura never
- Intermediate or chronic headache
- In 40-60% of the population
- Again women affected more often
- Therapy: analgesics, in chronic headaches neurological medication

Differential diagnosis of tension headaches

- Sinusitis
- Brain tumors
- Subdural hematoma
- Pseudotumor cerebri
- Hypertension
- Infection (meningitis...)
- Alcohol or drugs consumption

Headache in ophthalmology

- Asthenopic problems (uncorrected presbyopia)
- Dry eye disease
- Angle closure glaucoma (primary, secondary)
- Decompensated heterophoria

GOOD

😊 LUCK!

