

BIG
Questions
Kids Have
About
CHRONIC
DAILY
HEADACHES

*I want
to know!*



*An information and treatment planning
booklet from the
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WHAT'S "CHRONIC"?

HEADACHE TIME...AGAIN!

The "Chronic" in Chronic Daily Headache means frequently recurring, or persistent. It comes from the Greek word Kronos, which means time. Chronic Daily Headaches happen time and time again.



-- Headache time...again!

HOW "DAILY" IS DAILY?

DAY IN, DAY OUT

Chronic Daily Headache is a general category for different kinds of headaches. What is common between them is that they keep on coming back, and frequently stick around.

Generally, Common Daily Headaches happen more than 15 times a month for 6 months or more. They last more than 4 hours every time.

MORE THAN HEADACHE?

IS SOMETHING ELSE GOING ON...?

Having Chronic Daily Headaches can be a scary thing. They make you wonder if there are some other horrible things going on...tumors, disease, ugh-cetera.

STAY COOL

When you're diagnosed with CDH, it means you've already been checked for the other horrible stuff. It's been ruled out. Whew. Now it's time to get the upper hand on the headaches.

WHAT'S MY HEADACHE?

NAME THAT PAIN

To get the upper hand on CDH, it helps to know more about them. The following headache types fall under the general category of Chronic Daily Headache:



- *Transformed Migraine*
- *Chronic Tension-type Headache*
- *New Persistent Daily Headache*
- *Hemicrania Continua*

TRANSFORMED MIGRAINE

Transformed Migraines are migraine headaches that used to occur occasionally, and now happen almost every day. The headaches last more than four hours at a time. Often the headaches get less severe over time, but they still hurt and they just keep on coming back!

CHRONIC TENSION TYPE HEADACHE

Chronic Tension Type Headaches have two of the following types of pain: pressing/tightening feeling, pain on one or both sides of the head, mild or moderate intensity, not affected by routine physical activity. The headaches happen more than 15 days a month, for over half a year.

NEW PERSISTENT DAILY HEADACHE

New Persistent Daily Headaches happen suddenly - without a prior history of having similar headaches. They hang on for 4 hours or more, at least 15 times a month.

OTHER TYPES?

HEMICRANIA CONTINUA

Hemicrania means that the pain occurs on one side of the head. Continua means that it persists, continues. Hemicrania continua headaches change in their level of intensity, and are often accompanied by other physical indications of spikes of pain (nasal congestion, eyelid crusting, etc.). The pain keeps on going for at least a month.

JUST ME?

LOTS OF COMPANY

Chronic Daily Headaches are one of the most common reasons people come to Headache Clinics. In fact, some studies say that nearly 10 million Americans, many of them kids, suffer from CDH.



YOU ARE NOT ALONE

That doesn't make your headache feel better, no...but you are clearly not alone. And that means that more people are working on solutions every day. And more people understand what you are going through, and want to help.

WHAT NOW?

STOP THAT PAIN

There are many ways to stop Chronic Daily Headaches. Here are some of the basic ways. Your doctor will come up with a specific plan tailored just to you and your needs.



RELAX

Taking care of stress will often take care of headaches. Sometimes learning to remove causes of stress helps a great deal. There are also specific techniques that help lessen stress and reduce headaches. For example, Biofeedback has been shown to help kids as young as 9 years old.

HOLD THAT TRIGGER

Sometimes stress, hunger, smells, or flashing lights trigger headaches. Pay attention to things that may cause yours to start, and "hold that trigger."

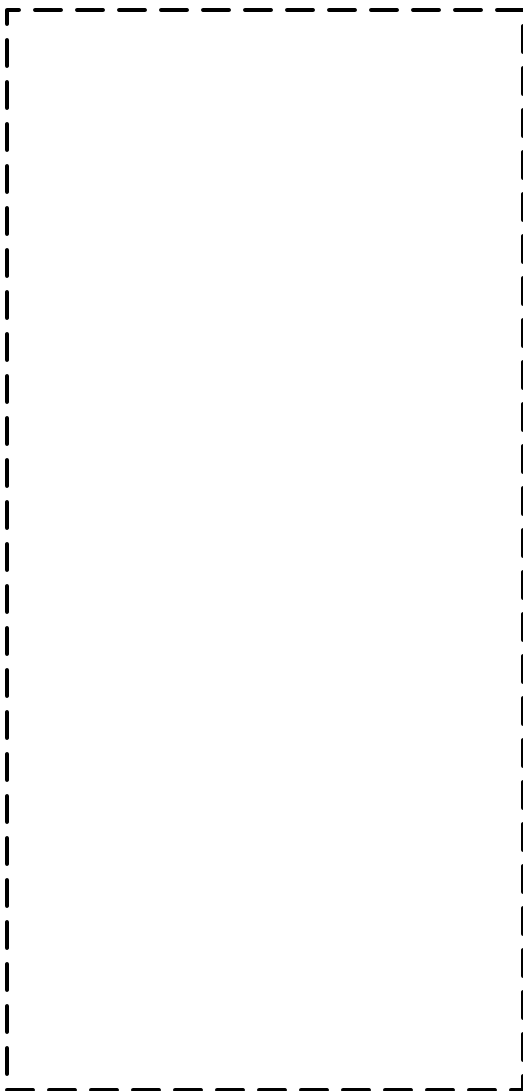
TREAT YOURSELF WELL

Many headaches can be prevented by changing things in your lifestyle, such as getting a good night's sleep, exercising and not skipping meals.

MEDICATIONS

Several medications have been shown to be very effective in helping stop headache pain. "Simple Analgesics" (such as Tylenol, and Advil) often help (though too much of those can have a reverse effect and lead to more headaches). "Combination Analgesics" add Butalbital and other elements and often stop more moderate pain. "Triptans" (such as Imitrex, Maxalt and Zomig) often stop severe migraines.

OK, Here's
the Plan...



- I beat that headache!



Appointments: (410) 328-7373
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