Childhood idiopathic headache: recommendation before you are a grown up

The management of idiopathic headache in children and adolescents requires not only knowledge about and experience of the principles of diagnosis and treatment, but also a certain style dealing with all the people involved, including the patient and her or his parents as well as others in the patient’s environment, particularly teachers. Knowing the expectations of patients and the family is very important.

Most of the patients want to know the cause of the pain, to get relief and receive reassurance that they did not have a brain tumor. If the doctor can fulfill a great part of those expectations, than she/he can also stop Doctor shopping, which is surely an uncomfortable situation for a child. It is essential to explain the diagnostic steps and to clarify that a careful history and clinical examination in patients presenting with headache are prerequisites for further diagnostic and therapeutic management. The history must include the family history, the patient's previous history, the headache history, as well as questions about the social environment. Taking the history in a child requires more time and patience, but those information are of big importance. This is also the place, which we can make the first steps in differential diagnosis between symptomatic and idiopathic headache. In case of idiopathic headache it is very important to have a big information about the trigger factors. Unless the trigger factors are not known, it is nearly impossible to treat sufficiently. One very important trigger factor in children with headaches are the learning disabilities, which can be treated well if they are found early enough. Trigger Factors can also be found in the way of child life. It is important to provide information to the child and parents about a certain lifestyle, including

The Danish Migraine Association

The Danish Migraine Association is an independent patient organization that works for the benefit of Danish migraine patients and their relatives. We provide information about migraine, its treatment and causes, and support research about migraine. We also provide a forum for the exchange of experiences and advice to migraine patients. The Danish Migraine Association aims to inform patients and society at large about all aspects of migraine. We arrange lectures and publish a quarterly magazine (in Danish) with excerpts from the latest scientific research, letters from members, and general information of interest to migraine sufferers. The Danish Migraine Association works for migraine patients and their relatives. We inform patients about what they themselves can do to have a better life (this home page is part of that information) and we have meetings, lectures and publish a magazine four times a year. Contact persons around the country form local groups that meet informally and we have lectures in Copenhagen as well as around the country. MigreneNyt (our magazine in Danish) contains summaries of the latest news from research, and the contact telephone is open throughout the day for anyone who needs a chat or a sympathetic ear. For more information please contact The Danish Migraine Association migraene@adr.dk

In this issue:

- Childhood idiopathic headache: recommendation before you are a grown up
- The Danish Migraine Association
- What’s on...
- The 6th EHF Congress

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Continues on page 2
What’s on...
♦ 26-30 June 2002, Istanbul, Turkey
  6th Headache Congress
  Information: www.6thehf.org
♦ 26-30 August 2002, Vilnius, Lithuania
  EHF Summer School 2002
  Information: audroneja@hotmail.com
♦ 19-21 September 2002, Marrakech, Morocco
  1st Congres Francophone du Groupe Francophone d’Etude des Cephalees
  Information: gfec@b-c-a.fr
♦ 23-26 September 2002, London UK
  14th Migraine Trust
  Information: www.migrainetrust.org/research

Note
Abstract submission for Istanbul is extended to March 15th

6th European Headache Federation Congress

26-30 June 2002
Istanbul - Turkey
Main Themes

- Case Study based teaching course
- Challenging neurovascular headache syndromes
- Migraine and the Human Genome
- Neglected causes of head and facial pains
- Paediatric headache & Burden of headache

Information: www.6thehf.org

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26-30 August 2002
Vilnius - Lithuania
Main Themes

- Acute and chronic primary headaches: pathophysiology, treatment guidelines
- Symptomatic headache and its treatment

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Thanks to an unrestricted educational grant from Pfizer, there will be a limited number of bursaries to Vilnius offering reduced-rate or free registrations for those who could not otherwise attend.

EHF News Issue 27 page 2

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Continues from page 1

sufficient sleep, a morning free of stress, regular meals, adequate drinking, enough breaks while studying, and sufficient physical exercise.
The aim while dealing with children must include patience in advising and controlling the strategies given to the child, since in most of the cases the child will have its headaches for a long time in its life. Only in such a consequent way can we fight against a later drug abuse.
In patients with refractory headaches or headaches which change the symptomatology or headaches which occur in the night, a re-evaluation of the diagnosis is necessary.
C. Woeber-Bingel (Vienna)