



HEADACHE/MIGRAINE MANAGEMENT

HEADACHE DIARY

- Keep track of your headaches! It helps the doctor be able to treat them!
- Can be on a piece of paper, calendar, or for smart phone uses, try a [migraine tracking app](#)
 - 'Migraine Buddy', 'Manage My Pain Pro', 'Migraine Insight', 'Migraine Monitor', etc
- Make note of some important details about each headache:
 - Date & time of day that it started (did it wake you up out of sleep?)
 - Length of headache
 - Severity (on a scale from 1-10)
 - Any potential triggers?
 - For example: dietary triggers, lack of fluids/dehydration, abnormal sleeping pattern, lack of activity, stress, weather changes, etc
 - What made it go away?
 - For example: medications (dose, timing), sleep/rest, it went away on its own

LIFESTYLE MODIFICATION

Fluids	<ul style="list-style-type: none">• Drink plenty of <u>water</u>. Dehydration is a very common cause of headaches!• Limit consumption of highly coloured drinks containing dyes, as these can trigger headaches• Avoid caffeine, as it is a stimulant and caffeine withdrawal may cause headaches
Diet	<ul style="list-style-type: none">• Eat a well-balanced diet• Eat <u>regularly</u>, avoid skipping meals. Low blood sugar can trigger a headache• Avoid excess sugar. This can cause a spike and then fall of blood sugar• Have a high protein breakfast (Greek yogurt, cheese, milk, eggs) within an hour after waking• Avoid dietary triggers (frequent gum chewing, caffeine, chocolate, alcohol, old cheeses, some processed meats, some food dyes, etc)
Sleep	<ul style="list-style-type: none">• Get plenty of sleep so that you are <u>not tired</u>• Most children need 8-12 hours each night• Stick to a <u>regular</u> sleep schedule, go to bed and wake up at the same time each day, even on weekends
Activity/ Exercise	<ul style="list-style-type: none">• Get plenty of exercise & stay active, at least 3-5 times per week• Too much exercise or inconsistent patterns of exercise may trigger headaches• Limit screen time
Stress	<ul style="list-style-type: none">• Develop strategies to manage stress (yoga, meditation, deep breathing, etc)• Mindfulness therapy is known to help reduce headaches• Consider trying some mindfulness/relaxation apps on a smart device ('Relax Melodies', 'Headspace', 'Calm', 'Aura', 'Stop, Breathe & Think', etc)



OCCASIONAL TREATMENTS WHEN YOU HAVE A HEADACHE/MIGRAINE- ALSO CALLED 'ABORTIVE TREATMENTS'

- Over-The-Counter Options
 - Ibuprofen (Advil, Motrin) (15-20mg/kg)
 - Your dose: Maximum _____ mg per dose, or _____ mg per day
 - Acetaminophen (Tylenol) (15-20mg/kg)
 - Your dose: Maximum _____ mg per dose, or _____ mg per day
- Important Tips!
 - These two medicines can be taken at the same time
 - Take the medicine at the beginning of the headache
 - DO NOT take doses of these medications more than 3 days per week
- Other stronger prescription options may be needed

DAILY TREATMENTS TO PREVENT HEADACHES/MIGRAINES- ALSO CALLED 'PROPHYLACTIC TREATMENTS'

- Alternative Therapies/Natural Supplements
 - Proven through years of research to reduce headaches in many people
 - Over-The-Counter- no prescription required
 - Need to be taken appropriately:
 - Each day, consistently
 - For at least 2 months straight (to give it time to work)
 - At the recommended dose (unlikely to be covered by a Multivitamin)
 - 4 Options- ideally, try one at a time!
 - 1) **Riboflavin** (Vitamin B2): 200-400mg per day
 - a. Start at 100mg twice daily, gradually increase to 200mg twice daily
 - b. A possible side effect can include a change in urine colour
 - 2) **Magnesium Citrate**: 400-450mg/day
 - a. Start at 150 mg daily, gradually increase by 150mg every 1-2 weeks up to maximum 450mg/day, divide dose into twice daily
 - b. A possible side effect can be loose stools/diarrhea
 - 3) **Feverfew**: 200-300mg/day
 - 4) **Coenzyme Q10**: 200-300mg/day
- Traditional/Prescription Medical Therapies (may need to be tried if other treatments do not work)
 - Flunarizine, Amitriptyline, Topiramate, other

INTERNET RESOURCES

- Some Helpful Headache Resources:
 1. American Headache Society: americanheadachesociety.org
 2. Canadian Headache Society: www.HeadacheNetwork.ca
 3. National Headache Foundation: www.headaches.org
 4. KidsHealth (has articles written for children & teens about headaches): www.kidshealth.org
- Some Helpful Relaxation/Mindfulness Resources:
 1. Anxiety Canada: www.anxietybc.com
 2. Dawn C. Buse, PhD: www.dawnbuse.com
 3. Smiling Mind: www.smilingmind.com.au
 4. NeuroNova Centre for Mindful Solutions: neuronovacentre.com