

PARENT EDUCATION

Migraine Headaches

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By Samer Khaznadar, M.D., FAAP

Migraine is a common medical complaint. It is recurrent headaches separated by pain-free intervals. The headache episode lasts between 4 hours and 3 days and can be associated with nausea, vomiting or photophobia.

Any of the following factors can trigger frequent attacks:

- 1). Irregular sleep habits.
- 2). Aberrant diet habits.
- 3). Head injury.
- 4). Heavy exertion.
- 5). Bright or flashing lights.
- 6). Certain foods especially that which contains nitrites, or monosodium glutamate (Chinese Food).
- 7). Ice cream or cold food.
- 8). Caffeine Withdrawal, use of alcohol and some drugs.

If your child has a migraine headache:

- 1). Avoid all trigger factors mentioned above.
- 2). Let child rest in quiet dark room.
- 3). If your child is vomiting, give only clear fluids in small frequent amounts and watch for dehydration signs including dry skin, dry lips, sunken eyes, weakness and decreased urination.
- 4). Tylenol and Ibuprofen are very effective in migraine headaches. If your child does not respond to one NSAID try a different one because responses may vary.
- 5). Finally, try to remember that a migraine is a benign disease and symptoms can be reduced or prevented by different medications and by following the above instructions.

Foods Implicated as Migraine Triggers:

<u>Food/Substance</u>	<u>Chemical Trigger</u>
Asian Foods	Monosodium glutamate
Aspartame	Aspartame
Cheese	Tyramine
Chocolate	Phenylethylamine, theobromine
Coffee	Caffeine
Dairy products	Casein
Fruits	Phenolic amines
Food coloring	Tartrazine, sulfites
Lunch meats	Nitrites
Wine	Histamine, tyramine, sulfites

*Fasting can trigger release of stress hormones and hypoglycemia, leading to migraine.