Welcome!

We will begin shortly.

By default, you have been placed on mute. In the event the audio feature is turned on, please mute your audio unless you have a question.
What you will learn in this class:

✓ Different types of headaches
✓ Headache triggers
✓ Lifestyle modifications
✓ Treatment management
✓ EMMI Online Program
✓ Life Care Planning
✓ Resources
My head HURTS

What type of headache causes you pain?
# Type of Headache: Migraine

| Quality           | • Throbbing or pulsating pain  
|                   | • Worse with physical activity |
| Intensity         | • Moderate to severe           |
| Location          | • Often worse on one side      |
| Duration          | • 4 to 72 hours                |
| Associated Symptoms| • Nausea or vomiting         |
|                   | • Visual problems: flashing lights or blind spots |
|                   | • Light and noise sensitivity |
| Frequency         | • Episodic attacks             |
| M:F Ratio         | • 1:3                         |

![Diagram of pathways of migraine with highlighted trigeminal nerve]
Migraine With Aura

When headache is preceded by greater than one neurological symptom it is referred to as an aura.

Symptoms:
- Visual
- Sensory
- Other

Develops over 5 to 20 minutes
And last less than 60 minutes
Tension Headache
<table>
<thead>
<tr>
<th><strong>Type of Headache: Tension</strong></th>
</tr>
</thead>
</table>

| **Quality** | - Pressing or squeezing pain, like a tight band around the head.  
|            | - Tightness of head and neck muscles.  
|            | - Improves with activity |
| **Intensity** | - Mild to moderate |
| **Location** | - Whole head and neck |
| **Duration** | - Hours to days |
| **Associated Symptoms** | - No nausea or vomiting  
|            | - No visual change |
| **Frequency** | - Daily |
| **M:F Ratio** | - F>M |
Sinus Headache
**Type of Headache: Sinus**

<table>
<thead>
<tr>
<th>Quality</th>
<th>• Dull ache or pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensity</td>
<td>• Mild to moderate</td>
</tr>
<tr>
<td>Location</td>
<td>• Face and forehead</td>
</tr>
<tr>
<td>Duration</td>
<td>• Hours to days</td>
</tr>
<tr>
<td>Associated Symptoms</td>
<td>• Runny nose</td>
</tr>
<tr>
<td></td>
<td>• Post-nasal drip</td>
</tr>
<tr>
<td>Frequency</td>
<td>• Daily, precipitation by weather changes</td>
</tr>
<tr>
<td>M:F Ratio</td>
<td>• M=F</td>
</tr>
</tbody>
</table>
Custer
Headache
## Type of Headache: Cluster

<table>
<thead>
<tr>
<th>Quality</th>
<th>• Stabbing pain- ice pick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensity</td>
<td>• Severe</td>
</tr>
<tr>
<td>Location</td>
<td>• Around one eye</td>
</tr>
<tr>
<td>Duration</td>
<td>• 15 minutes to 3 hours</td>
</tr>
<tr>
<td></td>
<td>• Multiple attacks during day and night</td>
</tr>
<tr>
<td>Associated Symptoms</td>
<td>• Tearing</td>
</tr>
<tr>
<td></td>
<td>• Running nose</td>
</tr>
<tr>
<td></td>
<td>• Droopy eyelid on side of headache</td>
</tr>
<tr>
<td>Frequency</td>
<td>• Daily in a cluster for 4-8 weeks</td>
</tr>
<tr>
<td>M:F Ratio</td>
<td>• 3-1</td>
</tr>
</tbody>
</table>
Pattern of Headache: Chronic daily

<table>
<thead>
<tr>
<th>Chronic Daily Headaches: headaches occurring 15 or more days a month for &gt; 3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication overuse (more than 2 days per week)</td>
</tr>
<tr>
<td>Migraine (CM): migraine for at least 8 days per month with either migraine or tension headaches the other headache days</td>
</tr>
</tbody>
</table>
What is Rebound Headache?

• When you take pain-relief medicines for headaches too often or in large amounts, your body gets used to having the medicines “on board.”
Rebound Headaches

What Causes Rebound Headaches?

- Taking pain medications as little as 3 times a week on a regular basis

- Regularly taking even ten 500mg aspirin acetaminophen tablets/caplets per week

- Using analgesics including those containing caffeine- even coffee itself- daily or near daily.
### Medicines that can cause Rebound Headache

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caffeine-Containing Analgesics</strong></td>
<td>Exedrin, Anacin, Vanquish, B.C. Headache Powder, Fiorinal, Fioricet,</td>
</tr>
<tr>
<td><strong>Butalbital Compounds</strong></td>
<td>Fiorinal, Fioricet,</td>
</tr>
<tr>
<td><strong>Isomethptene Compounds</strong></td>
<td>Midrin</td>
</tr>
<tr>
<td><strong>Decongestants</strong></td>
<td>Sudafed, Tylenol Sinus, Dristan, Afrin, Entex LA</td>
</tr>
<tr>
<td><strong>Ergotamines</strong></td>
<td>Migranal and D.H.E. 45</td>
</tr>
<tr>
<td><strong>Triptans</strong></td>
<td>Imitrex, Amerge, Maxalt, Zomig, Axert</td>
</tr>
<tr>
<td><strong>Opioids and Related Drugs</strong></td>
<td>Tylenol with codeine, Percocet, Vicodin</td>
</tr>
</tbody>
</table>
Headache Trigger

What can cause headaches?

• Diet
• Environment
• Activities
• Hormones
• Emotions
• Medications
Triggers

Internal Changes

- Hormonal change
- Stress
- Sleep

External Changes

- Weather change
- Alcohol
- Flickering light

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Diet and Headaches

Certain foods can trigger headaches during vulnerable periods.

If your headaches are infrequent, paying attention to what you have eaten 6 to 12 hours prior to a headache frequently will identify foods “to avoid”.

It is best to eat only fresh prepared foods. Read all Labels!
What Does a Healthy Plate Look Like?

Protein
5-6 servings a day

Starch
6 servings a day

Milk, Yogurt, and Dairy Alternatives
2-3 servings a day

Fruit
2-3 servings a day

Fats
4 servings a day

Water
64 ounces a day

Use a small dinner plate
(about 9 inches across)

Vegetables
5 or more servings a day
Environment and Headaches

- **Sight** - Bright lights, glare, flickering, lights
- **Sound** - Loud noise
- **Smell** - Strong odors, cigarette smoke, perfumes
- **Weather** - Changes in temperature or seasons, humidity, wind
- **Atmospheric Pressure** - Change in altitude, air travel
Activity and Headaches

- A fall or head injury
- Motion from riding trains, planes, automobiles, bikes
- Eyestrain
  - Changes in sleep patterns - Too much, too little or change in pattern
  - Irregular exercise
  - Lack of exercise

Lack of exercise

Changes in sleep patterns - Too much, too little or change in pattern

Eyestrain

Motion from riding trains, planes, automobiles, bikes

A fall or head injury
Changes in sleep patterns-
Too much, too little or change in pattern.
Hormones and Headaches

- Menses (monthly period)
- Ovulation
- Hormone Replacement Therapy
- Oral contraceptives (e.g. birth control pill)
Emotions and Headaches

- **Stress**: Let down periods (vacations, weekends, after a major event)
- **Anger**: Time of intense activity
- **Fatigue**: Job stress, loss or change
- **Anxiety**: Loss (Death, separation, divorce)
Medications and Headaches

Over-the-Counter pain relievers and analgesics

Some vitamin supplements- Niacin

Prescription medications- Some high blood pressure medications, Nitroglycerin
• When your trigger level rises above your threshold, you experience headaches or other symptoms of migraine.
Treatment

- LIFESTYLE CHANGES
- IDENTIFY AND AVOID TRIGGERS
- MEDICINES
Lifestyle Changes

- Plan ahead
- Regular Sleep habits
- Daily Activity/Exercise
- Eat regular meals
  - don’t skip meals
  - healthy snacks
- Limit Caffeine
  - Stay hydrated
- Stress management
  - Yoga
  - Meditation
- Avoid medication more than twice a week
<table>
<thead>
<tr>
<th>Preventative medications are used to decrease the number of headaches that you have</th>
<th>These medications do not relieve your headache at the time you take them</th>
</tr>
</thead>
<tbody>
<tr>
<td>• They take 4-6 weeks to work</td>
<td></td>
</tr>
</tbody>
</table>
Treatment for Primary Headache Disorder

- Interfere with your daily routine
- Your headaches are more than twice per week
- If acute treatments are not effective
- If acute treatments cause side effects
Preventative Medications

- Cyproheptadine (Periactin) antihistamine
- Propranolol (Inderal, Atenolol) blood pressure medication/beta blockers
- Antidepressants (Elavil, Pamelor, Effexor)
- Anti-Seizure Medications (Topamax, Depakote)
- Herbal Medications
Supplements

- Feverfew once per day
- Magnesium 250mg twice per day (Chelated Magnesium for High Absorption)
- Riboflavin (B2) 400mg daily
- (Migra-Lief) combination all three
- Coenzyme Q10 150mg
New Preventative Medications

CGRP: Calcitonin Gene-Related Peptide

• Protein that is released around the brain
• When CRGP released causes intense inflammation in the coverings of the brain causing migraine pain
• CGRP meds: Emgality, Ajovy, and Aimovig
CGRP Preventative Medications

How it works?

• Injectable medication that blocks the CGRP protein that causes the pain and inflammation

• Dosage usually 1-2 x/month
First Line Migraine Medicines

- Imitrex Injectable - self Injector
- Imitrex Nasal Spray
- Maxalt MLT - melts in mouth
- Long-Acting Triptan
Prescription medicines for Nausea

- Metoclopramide (Reglan)
- Promethazine (Phenargan)
- Prochlorperazine (Compazine)

All have anti-migraine effect as well
Prescription Pain Medicines

Rescue medication can include Narcotics
• Codeine or Hydrocodone - however they have side effects which can include nausea and vomiting.
Alternative Therapies

- Counseling
- Relaxation
- Yoga
- Massage
- Biofeedback
- Acupuncture
- Aroma Therapy
- Physical Therapy
CONTINUING EDUCATION

EMMI ONLINE PROGRAMS

You may receive an email or letter with instruction to complete an online educational program.
Discover Life Care Planning

It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.

You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

Do you know who this person would be?

To learn more:
• Visit kp.org/lifecareplan
• Call to register for a Life Care Planning Workshop

Center for Healthy Living
619-641-4194
Good Sources of Information and Support

http://www.kp.org/selfcareapps

Iphone/Android App in Fall 2020
Self-care at your fingertips at no cost to members.

» Get Calm and myStrength at kp.org/selfcareapps.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective
- Safe and confidential
- For adult members

Calm
An app for meditation, mental resilience, and sleep

myStrength
An app to improve your awareness and adapt to life
American Migraine Foundation: Achenet.org

American Headache Society: americanheadachesociety.org

National Headache Foundation: headaches.org

Theraspecs: glasses to block fluorescent, computer light and wide band light to reduce headache frequency

Online store discount: Promo code APPLY10
Kaiser Permanente Resources


Neurology Department 1-877-236-0333

Positive Choice–Biofeedback 858-616-5600

Smokers Helpline 1-888-883-STOp(7867)

Mind-Body Health 619-641-4194

Center for Healthy Living–Freedom from Tobacco 619-641-4194
Center for Healthy Living Workshops

- Mind Body
- Freedom from Tobacco
- Healthy Balance
- Anxiety Program
- Life Care Planning Advance Directive
- Living Well with Diabetes
- Stress and Emotional Health
- Sleep Well, Live Well
- Taking Care of Your Heart

Call to register: 619-641-4194
Healthy Living Resources

kp.org/healthyliving
Health guides, podcasts, calculators, programs/classes, special rates for members

kp.org/healthylifestyles
Personalized online plans to make healthy choices

kp.org/exercise
Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes
kp.org/centerforhealthyliving

Get information about workshops and other programs available through the Center for Healthy Living.

Find handouts with more information on today’s topic and other popular health topics under Bookshelf.
Wellness Coaching by Phone
1-866-862-4295

Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.
Thrive Your Way

Please take a moment to provide us with feedback.

Complete the anonymous survey by clicking on the link in the chat. Your feedback will help us improve this program.

THANK YOU