

## HEADACHE

If your child has been diagnosed with headaches, particularly migraines, below are important things to remember:

### COMMON TRIGGERS:

1. **Poor Hydration.** Most children need 8 glasses (8 ounces each) of healthy fluid each day. These healthy fluids include water, juice, Gatorade or PowerAde. Drinking caffeinated beverages is NOT healthy and, in fact, may make it difficult to control your child's headaches.
2. **Lack of sleep or poor sleep habits.** A regular sleep routine is important to establish and should allow for 8-10 hours of sleep per night. This may vary some due to age. If your child snores or is excessively restless during sleep, you should let your physician know.
3. **Food triggers.** These may vary from child to child; however, common food triggers include:

DIET	SENSORY STIMULI	HABIT/ENVIRONMENT CHANGES
<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Chocolate</li> <li>• Aged Cheese</li> <li>• Monosodium glutamate (MSG)</li> <li>• NutraSweet</li> <li>• Caffeine</li> <li>• Nuts</li> <li>• Nitrites, Nitrates</li> </ul>	<ul style="list-style-type: none"> <li>• Strong light</li> <li>• Flickering lights</li> <li>• Odors</li> <li>• Sounds, noise</li> </ul>	<ul style="list-style-type: none"> <li>• Weather</li> <li>• Travel (crossing time zones)</li> <li>• Seasons</li> <li>• Altitude</li> <li>• Schedule changes</li> <li>• Sleeping patterns</li> <li>• Dieting</li> <li>• Skipping meals</li> <li>• Irregular physical activity</li> </ul>
HORMONES	STRESS	
<ul style="list-style-type: none"> <li>• Menses</li> <li>• Ovulation</li> <li>• Hormone replacement (progesterone)</li> </ul>	<ul style="list-style-type: none"> <li>• Let-down periods</li> <li>• Times of intense activity</li> <li>• Loss of change (death, separation, divorce, job changes)</li> <li>• Moving</li> <li>• Crisis</li> </ul>	

**REMEMBER:** Often what triggers headaches or migraines are large servings of the above foods eaten on an empty stomach.

4. **Skipping meals, particularly breakfast can be a powerful trigger.** Regular meals are very important. Skipping meals should be **AVOIDED**.
5. **Stress.** Avoid over-crowding your child's schedule. Watch for signs of distress and address those promptly.

### FINALLY:

1. Make sure your child gets regular exercise.
2. Take all medications as prescribed by your child's physician. Avoid the over use of over the counter medications such as Tylenol, Motrin, Excedrin, Ibuprofen, etc.
3. Keep a log of your child's headaches to review at each doctor's visit, include any triggers you identify.

### Things to consider:

1. Riboflavin (vitamin B2) 100-200mg am and pm ([www.puritan.com](http://www.puritan.com)) 2-4 week trial
2. If Riboflavin ineffective, may add Magnesium 600mg daily (2-4 week trial)
3. If Riboflavin and Magnesium combination ineffective, may add Coenzyme Q10 100mg am and pm

**Diet for the Headache patient**

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
Beverages	Decaffeinated coffee, colas, containing no caffeine. Caffeine sources to be limited to 2 cups daily including coffee, tea and colas.	Alcoholic beverages, wines, ale, beer, any artificial sweeteners including Splenda.
Milk	Homogenized, skim and 2%	Chocolate and buttermilk
Dairy Products	Cottage cheese, cream cheese, American cheese, Velveeta or synthetic cheese. Yogurt in ½ cup portion or less.	Aged and processed cheese: includes Cheddar, Swiss, Mozzarella, Parmesan, Romano, Brick, Brie, Camembert, Gouda, Gruyere, Emmentaler, Stilijion, Provolone, Roquefort, Blue, and cheese containing foods (pizza, macaroni), yogurt and sour cream
Meat & Meat Substitutes	Freshly prepared meats and eggs	Aged canned, cured or processed meats, those containing nitrates and nitrites, commercial meat extracts, pickled or dried herring, chicken livers, sausage, salami, pepperoni, bologna, frank frankfurters, pates, peanuts and peanut butter, marinated meats: any prepared with tenderizers, soy sauce or yeast extracts.
Breads & Breads Substitutes	All except those on avoid list. Commercial bread.	Homemade yeast breads, fresh coffee cakes, doughnuts, yeast extracts, sourdough breads and crackers containing cheese, any containing chocolate or nuts.
Fruits	All except those to avoid. Citrus fruits (oranges, grapefruit, pineapple, lemon, lime) are limited to ½ cup serving per day.	Canned figs, raisins, papaya, passion fruit, avocado, red plums, ½ banana allowed per day.
Vegetables	All except those on avoid list	Italian broad beans, fava beans, Jima, nave and pea pods, sauerkraut, onions except for flavoring
Desserts	All except fresh yeast raised desserts or those containing chocolate	Any with chocolate
Miscellaneous	White vinegar, commercial salad dressing in small amounts	Brewer's yeast, chocolate, soy sauce, monosodium, glutamate, meat tenderizers, papaya products, Accent, Lawry's and other seasoning

A “low glycemic load diet” may also help reduce migraine headaches.

[www.lowcarbiseasy.com/dietplanlowgi.htm](http://www.lowcarbiseasy.com/dietplanlowgi.htm)

**Headache Diary**

<b>DATE:</b>	<b>DATE:</b>	<b>DATE:</b>
<b>Warning signs:</b>	<b>Warning signs:</b>	<b>Warning signs:</b>
<b>Time begun:</b>	<b>Time begun:</b>	<b>Time begun:</b>
<b>Time ended:</b>	<b>Time ended:</b>	<b>Time ended:</b>
<b>Type of pain:</b>	<b>Type of pain:</b>	<b>Type of pain:</b>
<b>Intensity of pain:</b> Low 1 2 3 4 5 6 7 8 9 High	<b>Intensity of pain:</b> Low 1 2 3 4 5 6 7 8 9 High	<b>Intensity of pain:</b> Low 1 2 3 4 5 6 7 8 9 High
<b>Location of pain:</b>	<b>Location of pain:</b>	<b>Location of pain:</b>
<b>Treatment or medication taken:</b>	<b>Treatment or medication taken:</b>	<b>Treatment or medication taken:</b>
<b>Effect of treatment:</b>	<b>Effect of treatment:</b>	<b>Effect of treatment:</b>
<b>Hours of sleep:</b>	<b>Hours of sleep:</b>	<b>Hours of sleep:</b>
<b>What I ate today:</b>	<b>What I ate today:</b>	<b>What I ate today:</b>
<b>Events prior to headache:</b>	<b>Events prior to headache:</b>	<b>Events prior to headache:</b>
<b>Comments:</b>	<b>Comments:</b>	<b>Comments:</b>

