

Name of Child: _____ Date: _____

Migraine Headaches

What are migraine headaches?

Migraine headaches are very strong headaches.

Sometimes the person gets a warning that the headache is coming, with an aura. An aura may be seen or felt. Some people see bright zigzag lights or have changes in vision. Some people notice their face or lips tingle before a headache. Some people get confused, sleepy or have trouble speaking. The aura may last 15 or 30 minutes, and then a throbbing or constant headache begins.

With the headache your child may:

- ✓ feel sick to the stomach
- ✓ throw up
- ✓ have a stuffy nose
- ✓ be sensitive to light
- ✓ be sensitive to sounds



**Migraine headaches
are very strong
headaches.**

A migraine headache may only be on one side of the head. It may take an hour to get stronger. A migraine headache may last between a few hours to several days.

After the headache, the person is very tired and needs to sleep.

Children with migraine headaches often have family members who also get them.

Both boys and girls get migraine headaches. Often, children with migraines often complain of motion sickness.

What can trigger a migraine headache?

Several things can trigger a migraine headache:

- stress
- too much sleep
- too little sleep
- changes in weather
- hunger or low blood sugar
- eating foods like chocolate, aged cheese, nuts, citrus fruit, avocados, foods cured with nitrates (such as hot dogs), MSG (monosodium glutamate) and alcohol (such as red wine)
- birth control pills
- monthly hormone changes

How do you treat migraine headaches?

- Help your child avoid the headache. Learn what triggers your child's migraine headaches and keep away from those triggers.
- Help your child learn better ways to respond to things that cause stress. Help your child learn how to relax. Have a psychologist teach your child with **biofeedback**. Have your child talk to a therapist, psychologist or psychiatrist about the things that make him or her tense.
- The doctor may give your child medicine to prevent migraine headaches, such as:
 - propranolol hydrochloride (Inderal)
 - amitriptyline hydrochloride (Elavil)
 - valproic acid (Depakote)
- Give your child medicine to treat the pain, such as
 - ibuprofen
 - acetaminophen (Tylenol)
 - naproxin (Aleve)

These can be bought without a prescription.

- Have your child rest in a dark, quiet room. Help your child relax.

Now that you've read this:

- Tell your nurse or doctor what triggers your child's migraine headaches. (Check when done.)
- Tell your nurse or doctor how you will treat your child's migraine headaches. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, February 15, 2007 • DRAFT to family review
#153 • Written by Nancy Quay, MS, RN • Illustrated by Dennis Swain



The Emily Center

Migraine Headaches

Diagnosis/Disease/Illness

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 153
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!