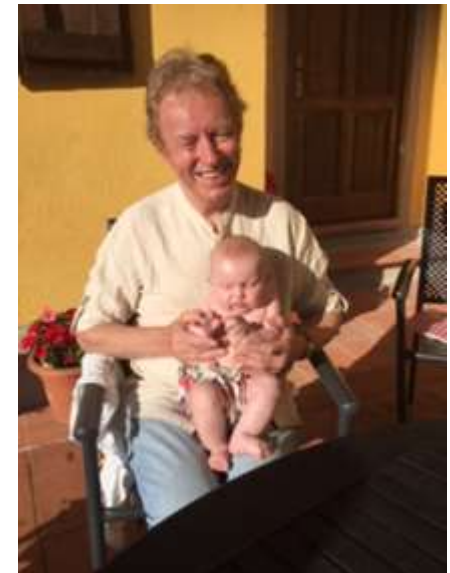


Headache fits & funny turns... in (older) children

Giles Elrington

Consultant Neurologist



Headache vs epilepsy

“migralepsy?”

Neural suppression

- Migraine aura
- Post-ictal epilepsy

Neural excitation

- Migraine headache
- Epileptic attack
 - Generalised
 - Partial

What's different from adults?

- Epilepsy
 - Mostly generalised (teenagers: JME)
 - Focal: associated brain disease
 - More EEG reliance (absence/petit mal)
 - Often self limiting
 - Need to achieve seizure freedom before adult



TLoC differential

- Epilepsy
- Syncope
- Cardiac arrhythmia
- Psychosocial
- Metabolic
- Parasomnia



What's different from adults?

- Migraine
 - Shorter attacks
 - Generalised pain
 - Vomiting
 - Less aura
 - Boys > girls
 - Less hormonal sensitivity
 - More lifestyle triggers
 - Pizotifen effective
 - Equivalents
 - Travel sickness
 - Abdominal migraine
 - Cyclical vomiting



Headache differential

- Primary
 - Migraine & tension-type
 - Trigeminal autonomic cephalalgia (e.g. Cluster)
- Secondary
 - Mass/high pressure (hydrocephalus)
 - Low pressure
 - Medication overuse

Migraine vs Tension-type Headache

IHS classification 2004

	Migraine	Tension-type
Duration	2-72 hours	30 mins-7 days
Two or more of...	Unilateral pain	Bilateral
	Pulsating pain	Non-pulsating
	Moderate or severe	Mild-moderate
	Aggravated by, or avoidance of activity	Not aggravated
M at least one of... TTH both of...	Nausea and/or vomiting	Neither nausea nor vomiting (OK anorexia)
	Light and noise sensitivity	Light OR noise sensitivity

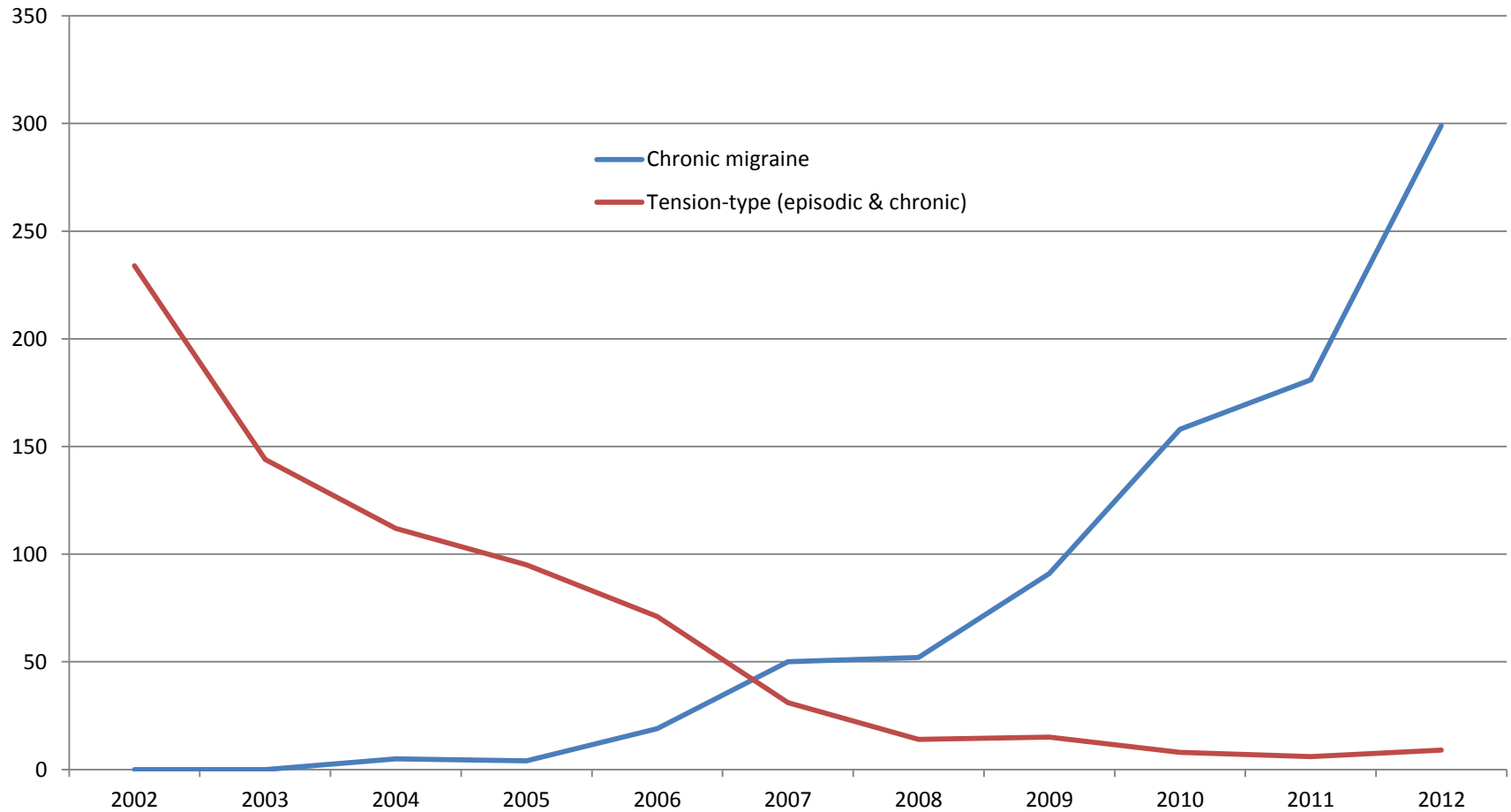
Tension-type headache vs. Migraine

Scotch mist vs. Thunderstorm



Chronic migraine & Tension-type headache

Annual numbers of patients



Migraine: matters irrelevant to diagnosis

- Family history
- Treatment response
- Aura
- Stress
- Different from other migraines



Treating epilepsy in children

- Balance risk with benefit
- Valproate (Epilim) males primary epilepsy
- Levetiracetam
- Lamotrigine
- Carbamazepine
- Sequential monotherapy
- Phased withdrawal if 2y attack free before 16

Treating headache in children

- Lifestyle hygiene
 - Regularity of body rhythm incl meals & sleep
 - Minimise fizzy drinks (caffeine)
- Acute rescue ibuprofen (paracetamol)
 - Triptans largely unlicensed but OK
- Prophylaxis
 - Pizotifen
 - Vitamin B2
 - Betablockers, tricyclics etc

JD male aged 11

- Headache duration 1-2 days
- Began shortly after RTA, alternate days in first 2 weeks
- Light & noise sensitive, quit homework
- Frequency now “not that often”
- Was using painkillers 3-4 days a week
- Normal examination

OM aged 15

- Couple of months constant headache
- Pain free days “not very much”
- Once nausea, no vomiting, no light/noise sensitivity; dizziness
- Preference (not need) rest with worse pain
- Mum can see when in pain
- Normal examination

HT female aged 12

- Headache & abdo pain from age 6
- Symmetrical bifrontal pain 5d/week
- Nausea, light & noise sensitive
- Pizotifen 1.5mg & mebeverine daily
- Ibuprofen or paracetamol 3-7 days a week
- Normal examination
- MRI brain 4mm tonsillar descent, frontal UBO

MS female aged 14

- 5 months dizziness
- 4 months visual snow
- Menstrual nausea, dizziness, light sensitive
- Monthly headache
- Neck tension
- Doing fine at Grammar School
- Normal examination

ML age 14

- Half dozen major convulsions in 6 months, 3 in last 2 weeks
- Daily myoclonus
- Normal examination
- EEG polyspike and wave
- Lamotrigine 2+ months, 300mg last 2 weeks



HP age 14 (in 2009)

- Rolandic epilepsy diagnosed age 4
- Had MRI & EEG
- Ongoing sleep seizures
- On topiramate 50mg & Concerta
- Later on lamotrigine 500mg attacks continue
- Not seen since Jan 2016...

Female aged 10

- Episodic TLoC
- Father 30 yrs medication for epilepsy
- Any tests required?

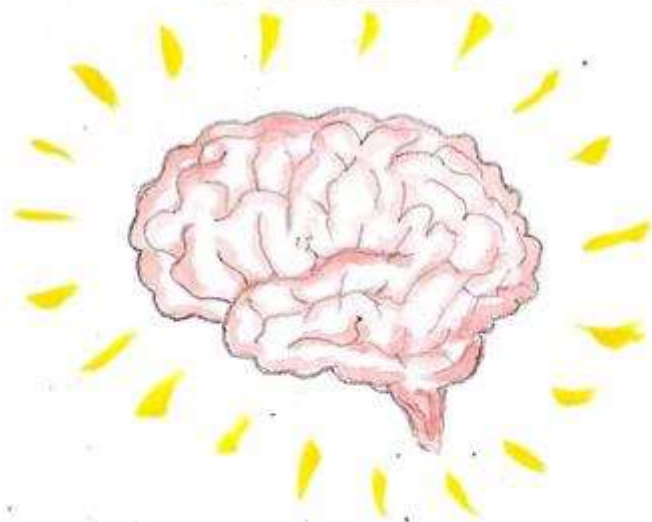
MH age 15

- Felt as if hit, stumbled
- Hallucinations people & animals
- Earthquake in shop with falling rocks
- Things disappearing
- On pizotifen
- Investigation?

S B-E age 19

- Diagnosed NEAD by paediatrician
- Pregnant: referred for neuro opinion
- Attacks altered consciousness most days
- No medication
- What to do?

Thank
You



My brain feels
much better now