

Headaches: What Every Clinician Needs to Know

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Abstract:

Headaches are a common clinical presentation to the eye care practitioner. Important aspects of the history, diagnosis, differential diagnosis, and management of these patients will be discussed.

Learning Objectives:

Discuss the important aspects of a headache history.

Discuss the warning signs and clinical presentation for a serious underlying etiology to the headache.

Develop a clinical thinking approach to diagnose and rule out various causes of the headache.

- I. THE HEADACHE HISTORY
- II. HEADACHE PATIENT EXAMINATION
- III. DIAGNOSIS
- IV. MANAGEMENT
- V. **PRIMARY HEADACHES:**
 - A. *MIGRAINE*
 - i. MIGRAINE PHASES
 - ii. MIGRAINE TYPES
 - B. *TENSION TYPE (MUSCLE CONTRACTION)*
 - C. *CLUSTER HEADACHE*
- VI. **SECONDARY HEADACHES**
 - A. *ACUTE ISCHEMIC CEREBROVASCULAR DISEASE*
 - B. *Subarachnoid Hemorrhage (aneurysm, AVM)*
 - C. *ARTERITIS (GIANT CELL)*

D. INTRACRANIAL TUMOR

E. NEURALGIA

F. MISCELLANEOUS SECONDARY HEADACHES

VII. HEADACHE DANGER SIGNS AND SYMPTOMS