

Migraine Headaches



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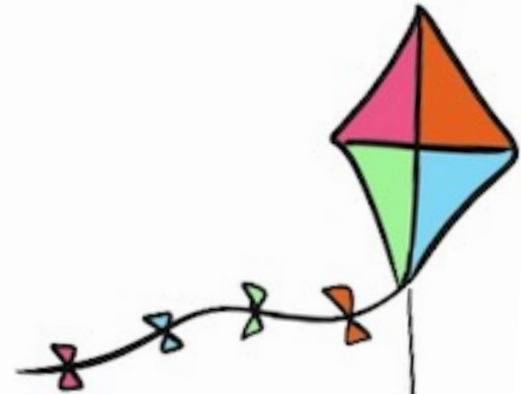
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I like sports and music. After school, I like to play with my friends.

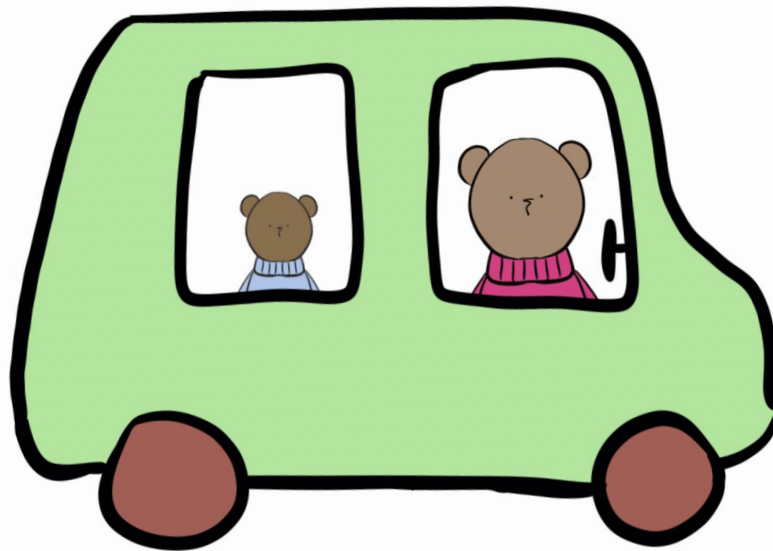
Lately, I noticed my head hurts, especially when the bright sun is shining in my eyes or there is a lot of noise. Once I even threw up from my headache.

"Hello"



The headaches last a long time and sometimes I feel like going to sleep.

I told my parents, and they took me to the doctor. I went to see a special brain doctor called a Neurologist.

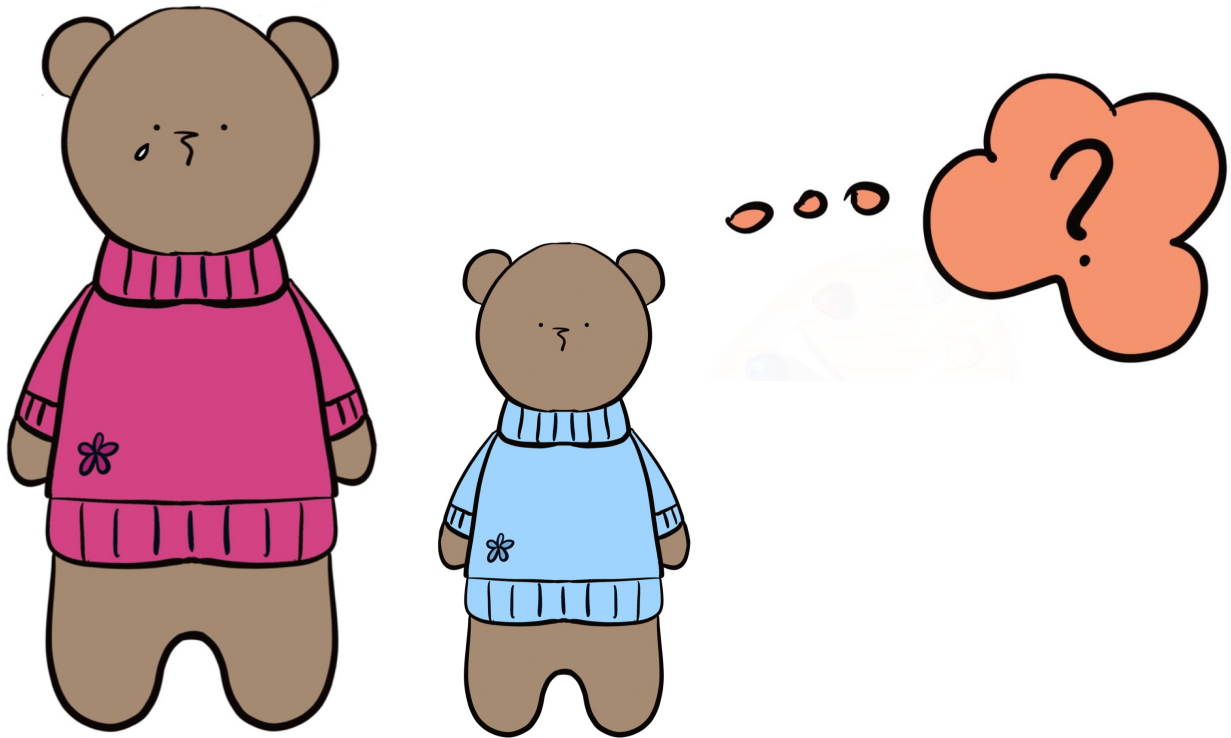


I don't know why, but I could tell that my parents were a little scared.



Later I found out that parents can sometimes be scared when their children go to the doctor because they don't know what to expect.

Sometimes adults forget to explain to us what is going on. They usually do that because they are trying to protect us.



At the clinic, there was a very nice doctor. She looked in my eyes, had me show her how strong my muscles were and how I could balance on one foot. Then she hit my knee with a little hammer.

When she hit my knee, my leg kicked the air. It made me laugh! And, it didn't hurt!



When she finished examining me, she said:

"You have
migraine
headaches."

The diagnosis of migraine is based on the patient's symptoms and physical exam.

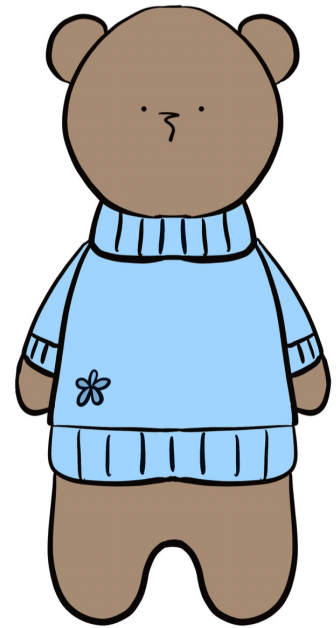
A migraine headache feels like a pounding or throbbing pain (like a heartbeat) that keep us from being able to play and usually lasts 2 hours or longer.



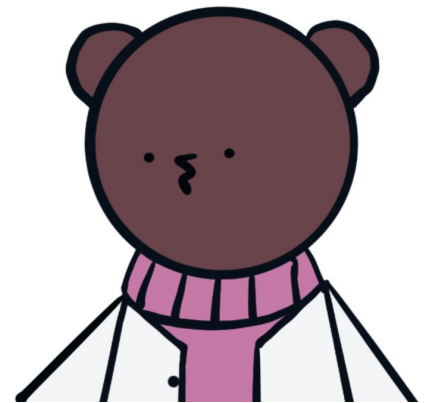
The nice doctor explained:

Common symptoms of migraine are bright lights or loud noises bothering us and sometimes having an upset stomach, not wanting to eat, or throwing up.

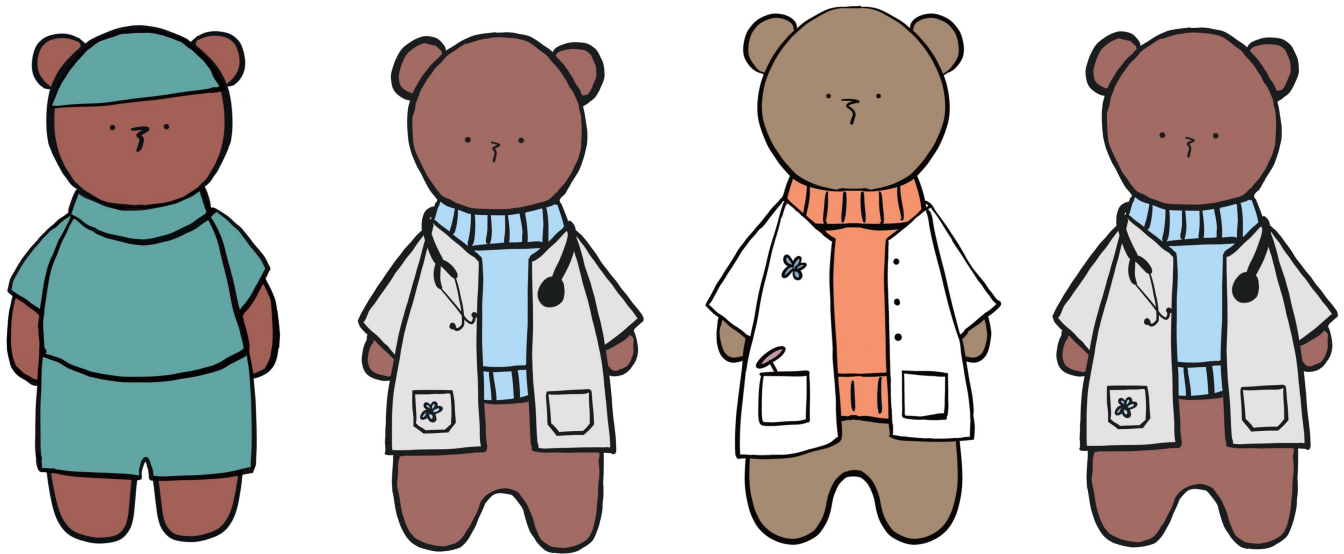
The first time we have a migraine can be scary, but luckily there are lots of things that can help people who get migraines.



- Making healthy lifestyle choices like drinking plenty of water, eating healthy foods, and having a regular bedtime can help prevent migraines.
- Keeping track of our headaches can help us find out if there are specific things that make our headaches better or worse. These are called "triggers".
- Medications can help too.

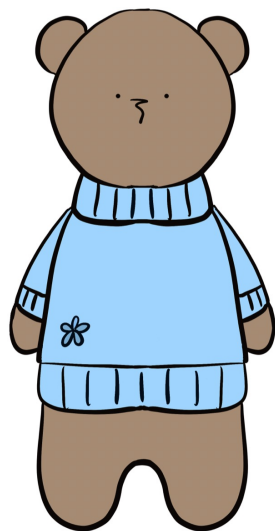


Treatments are available for acute migraines and headache prevention.

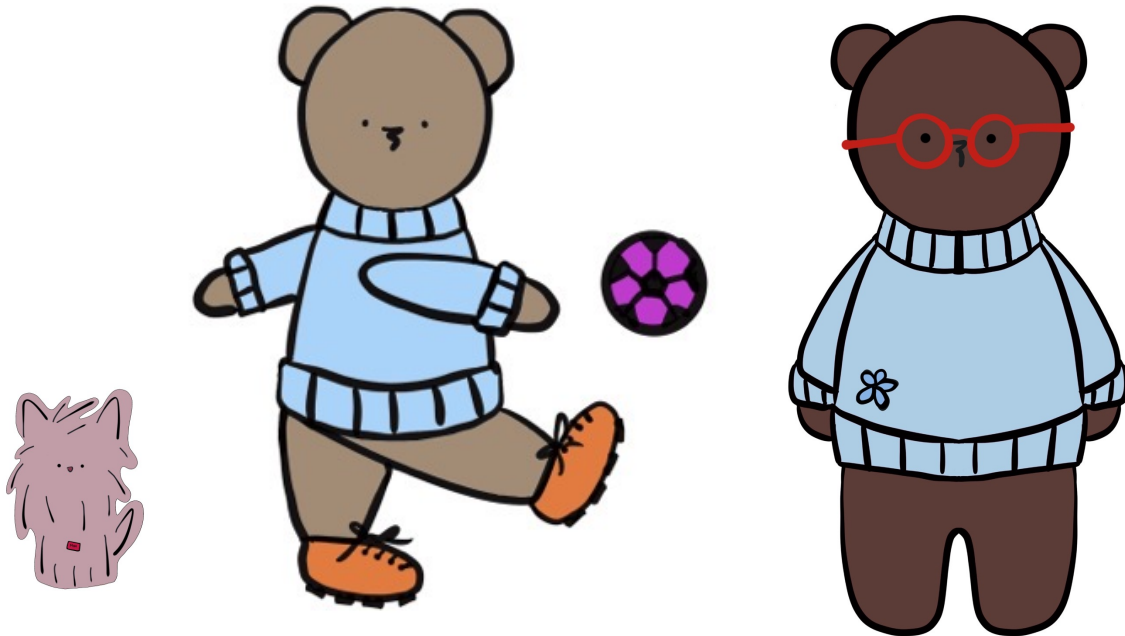


Acute treatments are used occasionally when we have a migraine. Prevention treatments are used everyday to help keep us from getting migraines.

I learned a lot from visiting the doctor and now I finally understand what has been going on! There are many ways my family and my doctor can help me with my migraines.

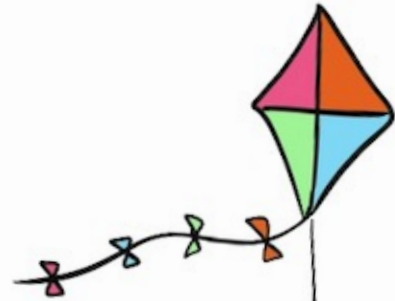


Now I have visits to the neurologist a few times a year to check on my migraines. I still like sports and music. After school, I play with my friends, and now I know just what to do if I start to get a migraine headache so I can feel better fast.



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The End

