

Slide 2





HEADACHE: *Prevalence and Impact*

- 18-25 % women have headaches
- 6-10 % men have headaches
- 5% of women have headaches more than 15 days per month
- 112 million bedridden days per year
 Cost to U.S. Employers -- \$13 Billion per year
- The majority of patients with migraine have not received an appropriate diagnosis, and are not receiving appropriate treatment

Slide 5

Headaches that are triggered by weather or are associated with sinus symptoms are not migraines.

- Up to 50% of migraine patients report their headaches are influenced by weather1
- 45% of migraine patients report sinus symptoms including²
- Lacrimation
- Nasal congestion
- Rhinorrhea
- Raskin NH. Headache. 2nd ed. New York: Churchill Livingstone; 1998.
 Barbanti P et al. Cephalalgia. 2001;21:295.

Slide 6

Chronic Daily Headache

• Affects 10-15% of the population.

Chronic daily headaches are classified by how long they last — more than four hours or less than four hours.

The longer lasting headaches are more common and addressed here. They're divided into four types:

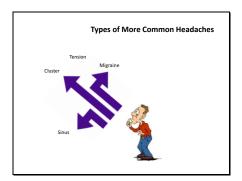
• Migraine

• Tension-type headache

• Cluster

• Sinus

uster			



Slide 8

COMMON TYPES OF HEADACHES

- PRIMARY HEADACHES

 - MIGRAINETENSION TYPE
 - CLUSTER HEADACHE
 - SINUS
 - SECONDARY HEADACHES
 - Headaches due to infection
 - Headaches due to vascular causesHeadaches due to tumors

 - Etc., etc.

Slide 9

Headache Patterns (4) Headaches Tension: pain is like a band squeezing the head thead Migraine: pain, nausea and visual changes are typical of classic form Sinus: pain is behind browbone and/or cheekbones Cluster: pain is in and around one eye

Chronic migraine

To be diagnosed with chronic migraine, you must have headaches

1. 15 days or more a month, for at least three months.

In addition, on eight or more days a month for at least three months, you must experience the following symptoms.

Your headaches have at least two of the following characteristics:

- Affect only one side of your head
 Cause a pulsating, throbbing sensation
 Cause moderate to severe pain
 Are aggravated by routine physical activity
 And they cause at least one of the following:
 Nausea, vomiting or both
 Sensitivity to light and sound

Slide 11

Migraine ("half-head")

• Frequency 1-2/year- 2-3/week

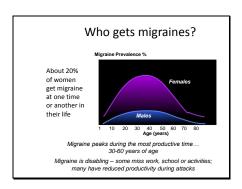
• Pain moderate - severe pulsating, throbbing

4 hrs - 3 days Duration

usually one sided (but can switch sides between attacks) Location

Symptoms

aura, nausea, vomiting sensitive to light, sound, smells



Migraine Classification

Table 3. 2004 International Headache Society Classification of Headache Disorders: Criteria For Pediatric Migraine Without Aura.

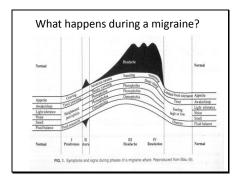
Without Aura.

A. More than 5 attack fulfilling features B-D
B. Headache attack listing 1 to 48 hours
C. Headache has at least 2 of the following a features:
1. Either bilateral or unitiateral frontal/temporal location
2. Indicating quality
3. Moderate to server intensity
3. Moderate to server intensity
D. Areast 1 of the following a companies headache:
1. Nassea androi vomitting
2. Photophobia and phonophobia (observe behavior)

Slide 14

Typical migraine patient

- Onset often as child / teenager / young adult
- Buuuuut can start at any age
- 2-3 x more common in women than men
- Typical patient : young woman (15% of all young women)



Triggers

- foods: spices, wine, chocolate, citrusfood additives: monosodium glutamate
- sleep : both too much and too little
- stress : mainly offset
- female hormones : fluctuating or falling oestrogen

Slide 17

Migrainous Aura



Slide 18

Migrainous Aura





	 	 -
<u></u>	 	

Migrainous Aura





Slide 20

Cluster Headaches

Cluster headaches occur in cyclical patterns or clusters, which gives the condition its name. Cluster headache is one of the most painful types of headache. Cluster headache commonly awakens you in the middle of the night with intense pain in or around one eye on one side of your head



- A cluster headache strikes quickly, usually without warning. Common signs and symptoms include:

 Exercutating pain, generally located in or around one eye, but may radiate to other areas of your face, head, neck and shoulders.

 One-sided pain
 Restlessness
 Excessive tearing
 Redness in your yeo on the affected side
 Sutify or runny nasal passage in your nostril on the affected side of your face
 Swestly, pale skin (pallor) on your face
 Drooping eyelid

Slide 21

Cluster Headaches

- Headaches usually occur every day, sometimes several times a day.
 A single attack may last from 15 minutes to three hours.
 The attack soften happen at the same time within each 24-hour day.
 The majority of attacks occur at night, usually one to two hours after you go to bed.
 The pain usually ends as suddenly as it begins, with rapidly decreasing intensity. After attacks, most people are completely free from pain, but exhausted.



Sinus headaches

Sinus headaches are headaches that may accompany sinusitis, a condition in which the membranes lining you sinuses become swollen and inflamed. You may feel pressure around your eyes, cheeks and forehead.





Slide 23

Sinus headaches

Sinus headache signs and symptoms may include:

Pain, pressure and fullness in your cheeks, brow or forehead

Pain worsening when bending forward or lying down

Vellow-green or blood-tinged nasal discharge

Stuffy nose

Sore throat

Fever

Cough

Actly feeling in your upper teeth

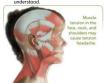
Decreased ability to smell or taste



Slide 24

Tension Headache

A tension headache is generally a diffuse, mild to moderate pain in your head that's often described as feeling like a tight band around your head. A tension headache (tension-type headache) is the most common type of headache, and yet its causes aren't well understond.





Tension Headache

- Signs and symptoms of a tension headache include:

 Dull, aching head pain
 Sensation of lightness or pressure across your forehead or
 on the sides and back of your head
 Tendemess on your scalp, neck and shoulder muscles

 Usually at end of work day when muscles are stressed

Usually at end of work day when muscles are stressed Tension headaches are divided into two main categories — Episodic tension headaches
 Episodic tension headaches can last from 30 minutes to a week. Frequent episodic tension headaches may become chronic.
 Chronic tension headache
 Chronic tension headache lasts hours and may be continuous. If your headaches occur 15 or more days a month for at least three months, they're considered chronic.



Slide 26

Episodic Tension Type Headache.

IHS (International Headache Society) Criteria

- Tension type headaches less than 15 per month.
- Lasts 30 mins to 7 days
- No nausea or vomiting
- No photophobia and phonophobia (1 ok)
- Headache has at least 2 of the following criteria:
- a. pressing/tighteningb. Bilateral

- c. Mild-moderated. Not aggravated by physical activity.

Slide 27

Chronic Tension Type Headache

- Affect women more than men
- Most common in middle age
- Stress is often a trigger
- Average duration is 4-13 hours.

Chronic tension-type headache

These headaches evolve from episodic tension-type headaches.
They may last hours or be constant.
15 or more days a month for at least three months

Chronic tension-type headaches have at least \underline{two} of the following characteristics:

- Hurt on both sides of your head (head in a vice)
 Cause mild to moderate pain
 Cause pain that fleeth pressing or tightening, but not pulsating
 Arent's aggravated by routine physical activity
 in addition, they cause no more than one of the following:
 Sensitivity to light or sound
 Nause (mild only)

Slide 29

- · Research has shown that in respect to tension headaches massage can:

- reduce depression and/or anxiety
 decrease perceived pain
 decrease anger status
 decrease tension
 reduce frequency
 reduce intensity
 reduce unation
 decrease endication usage
 increase range of cervical motion

Slide 30



"I'll want to get a few tests on you, just to cover my ass"

	 -	

What you should know about your clients headaches

- How long have you had headaches? How frequent? How disabling?
 - When did they start? What were they like?
- · What happens when you have a headache?
 - Describe the pain and other symptoms
- Who else in your immediate family gets headaches?
 - Any type of headache (migraine, tension or sinus)
- What might cause you to get a headache (Triggers)
 - Alcohol, too little sleep, stress, missed meals

Slide 32

What kinds of treatments will help?

- Behavioral approaches
 - Limit caffeine and other triggers
 - Reduce stress
 - Exercise
 - Regular sleep
 - Chiropractic
 - Massage / relaxation
 - Eat regularly / don't skip



Slide 33

When Don't You Need to Get a consult?

- Patient with established history of episodic headaches
- Current headache is consistent with previous headaches or is consistent with different manifestation of a primary headache.
- Normal demeanor and or personality
- No other health "red flags" on intake or exam
- Direct referral from another physician

				_
				_
				_
				-
				-
				-
		 		-
		 		_
	 			_
		 -		-
		 		_
	 			_
				_
	 	 		-
	 	 		-
	 	 		_
	 			_
	 	 -		_
	 			_

When You Do Need to refer

- Extremely abrupt onset of headache (with no HA history)

- Extremely adrupt onset of neadache with no HA history)
 Persistent unremitting headache
 New onset of headache in patient over age of 50
 Fever, acute redness (flushing)
 Abnormal neurological findings (motor weakness, reflexes, slurring, posture)
 Abnormal gaze tracking, vision

Slide 35

Subarachnoid hemorrhage:useful signs and symptoms

- Sudden onset of worst headache of life.
 Worse on exertion eg valsalva, exercise.
 75% of patients have nausea and vomiting.
 50% of patients have meningism.
- 25% of patients have neck stiffness.



Linn F et al: Prospective study of sentinel headache in aneurysmal subarachnoid hemorrhage, Loncet 344:590, 1994.

Lockley HB: Report on the cooperative study of intracranial aneurysms and subarachnoid hemorrhage Neurosurg 25:219, 1966.

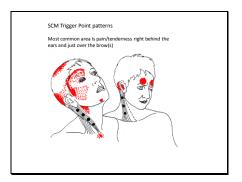
Slide 36

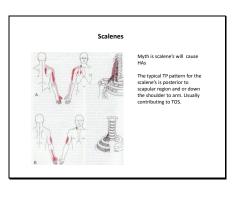
Trigger Points and HAs



Upper Trap TP pattern of HA Usually brought upon by Forward head posture Whiplash Text neck syndrome Poor sleeping positions Overweight back packs

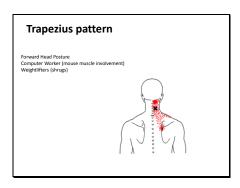
Slide 38

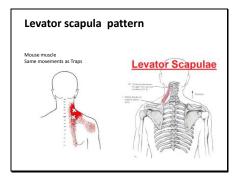


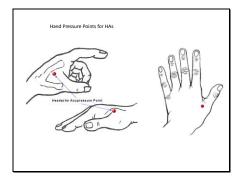


Suboccipital muscles Obliquus Capitis Inferior (also known as the Inferior Oblique) is a small muscle that runs posteriorly and inferomedially from C1 to C2. It is situated under the deep cervical vein and comprises the inferior boarder of the suboccipital triangle. It is the only suboccipital muscle that does not attach to the skull. I

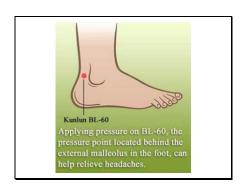
Slide 41

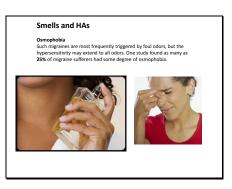






Slide 44





Different ways migraines and smells impact sufferers:

- Increased sense of smell

- Desire to avoid smells
 Smells may trigger migraine attack
 Smells can lead to increased nausea
- In some, migraines alter the sense of both taste and smell
 Some report phantom smells



Slide 47

Studies on migraines and smells

A 2007 study of 1,000 patients in London found about 40 percent reported that they couldn't tolerate smells during a migraine attack. The odors that disturbed them the most:

Perfumes or colognes, 64 percent
Food, 55 percent
Cigarette smoke, 55 percent

An older study, done in 1985, of **50** migraine sufferers found 45 had light sensitivity, 40 had nausea, 32 sound sensitivity and **20 sensitivity to smell**. In the study:

- 8 couldn't be around the smell of cigarette or cigar smoke,
 6 avoided the smell of cooking
 5 disliked the smell of soap, perfume or



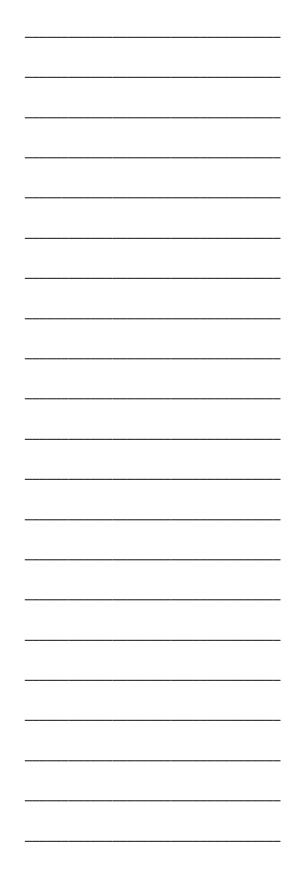
Slide 48

Sensitivity to sound is a frequent migraine symptom. Phonophobia

About 77 percent of females and 70 percent of males experience sound sensitivity with migraine attacks.

Sensitivity to sound can come in different forms:

- In some, loud sound cause migraines
 Other migraine sufferers say loud sounds make migraine pain worse
 Migraine sufferers may also be sensitive to quiet sounds
 Some migraine sufferers semence temporary hearing loss
 Sufferers may complain that migraines make noises louder



Essential Oils



Slide 50

The top 5 oils recommended for migraine or other headache:

General Headaches
The best general-purpose essential oils to have on hand for headaches are
Peppermit and laweder
Migraine
Peppermit and Basil followed by Wintergreen and Ylang Ylang can also be used
in combination
Tension
The most common type, tension headaches are caused by stress and feel like a
dull pain on both sides of the head. Peppermint works best. If muscles are
producing trigger points wintergreen can also help.

- Stimulant
 Mental Alertness
 Helps with sore muscles
 Moisturizes scalp
 Anti Inflammatory
 Helps with acne
 Pain reliever



Wintergreen Essential Oil contains 85-99% of methyl salicylate

A lot of commercial Muscle rubs (Ben Gay) contain M.S.

Slide 53

Ylang Ylang

- Eases Tension and Anxiety
 Promotes Thicker hair
 Anti aging and beauty
 Balances Enotions
 Helps with over dny or over oily skin
 Aphrodisia.
 Palpitations
 Hyperfension
 Stress



Slide 54

Lavender

Lavender — callming, relaxing, wound healing control of the contro



				_
	 		 	-
 	 	 	 	_
 	 	 	 	_
 		 		_
				_
 	 		 	-
 	 	 	 	-
 	 	 	 	_
 	 	 	 	_
				_
				_
	 		 	-
 	 	 	 	_
 	 	 	 	_
 			 	_
				_
 	 	 	 	-

EOs are everywhere!!!!!!!!!!!!!

Lemon

kincense La

Children's Tylenol Motrin Imodium AD Pepto Bismol Musinex Neosporin Scar away Blister shield Neutrogena Oil of Olay Neosporin Aleve, Mortin Advil Sinus cold Tylenol PM Unisom Benedryl Calamine

Peppermin

Children's Tylenol, motrin Imodium AD Pepto Bismol Musinex

Slide 56

Skin reactivity is becoming more of a problem as synthetic aroma chemicals become more common adulterants in the essential oil industry. A general rule is to never apply more than one to two drops of undiluted oil to the skin. Patch testing is always advisable.



Slide 57

You have reached the End of this presentation

Notes

Recordings

Certificate of Attendance

Info@ clublmt.com

Upcoming webinar on the new

Ameo brand oil company
