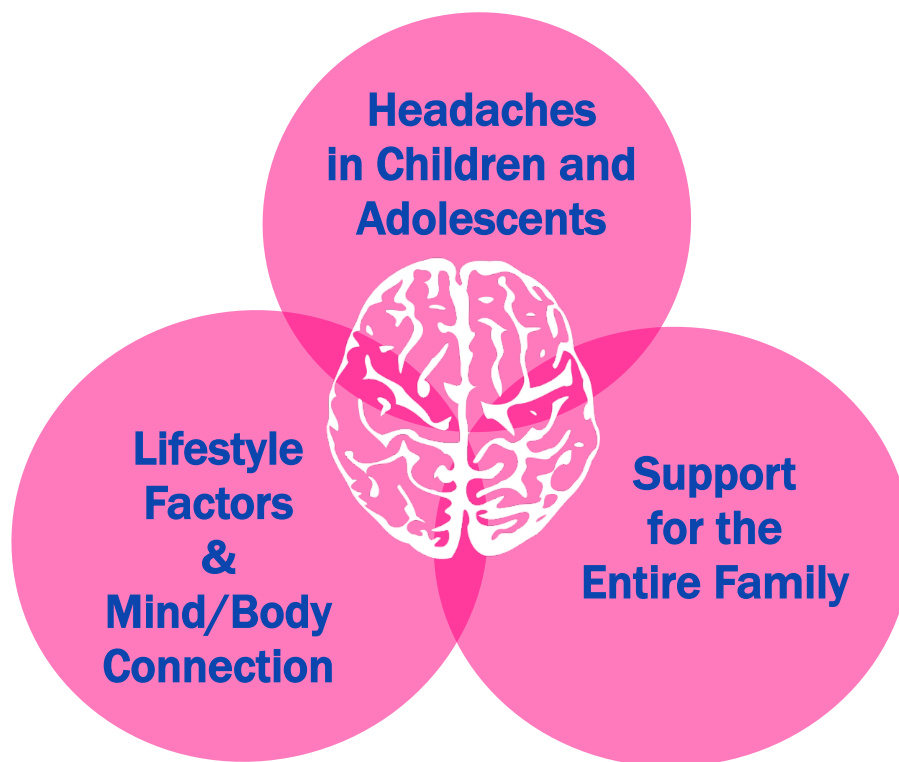


MANAGING HEADACHE PAIN



The Hospital for Sick Children:
The Division of Neurology and the Department of Social Work Offer:

Managing Headache Pain Workshops

Please contact Kelsie Bozinis to register:
Kelsie.bozinis@sickkids.ca or 416-813-7721

Headache Treatment Strategies

Sleep:

- Too much or too little may cause headaches
- **ROUTINE, ROUTINE, ROUTINE** – especially same sleep and wake time (even on weekends!)
- Avoid napping

Diet:

- **PROTEIN** – when you wake up (Eat Breakfast) & throughout the day. 15-20g per meal, within 30-60 minutes upon waking up.
- Eat regularly, don't skip meals – low blood sugar can be a trigger
- Avoid too much sugar, artificial dyes and colours

Exercise:

- Include regular activity as part of your routine – walking, stretching, swimming, biking
- Too much or too little can be problematic
- Added Benefits: helps manage stress, can help with regulating sleep, and promotes physical fitness

Hydration:

- Drink lots of water throughout the day (1.5 – 2L) – dehydration may trigger headaches
- Add natural flavours for added taste – lemon, lime, berries, etc.
- Avoid excessive caffeine – may cause dehydration and withdrawal may cause headache

Be Aware of your Technology Use:

- High levels of screen time exposure (4+ hrs. per day) are associated with triggering migraine in young adults
- Frequent use (2 + hrs/ day) linked with mood & anxiety symptoms
- Negatively impacts sleep, decreases activity level

Vitamin / Minerals:

- Magnesium Citrate – may cause loose stools on higher doses. Start at 150 mg at night – increase as tolerated to 300mg/day
- Vitamin B2 (Riboflavin) – Start at 100 mg 2x a day (up to 400 mg/day)
- Vitamin D3 – IU once a day 800-1000mg
- Migrelief for kids (magnesium, vitamin B2 and feverfew) – Take 1 tablet once a day (at night) – up to 2 tablets/day
- Coenzyme Q10 – Start at 100 mg once a day – up to 200 mg/day
- Melatonin (if insomnia or difficulty falling asleep) – Start at 3mg 1 hour before bedtime to initiate sleep – up to 9-10 mg/day

Protein

Healthy eating habits can help reduce the frequency and severity of your migraines. Make sure not to skip meals, eat 10-15 grams of protein for breakfast within one hour of waking every day!

Protein Sources:

Note: Protein content may vary by brand. Check labels.

Type	Food/Beverage	Protein Content (g)
Measurements: 60 ml= ¼ cup, 125 ml= ½ cup, 175 ml= ¾ cup, 250 ml= 1 cup		
<i>Eggs and Dairy</i>	Egg (1 large, hard boiled)	6
	Milk (250 ml, 1%)	9
	Cottage Cheese (125 ml, 1%)	15
	Yoghurt (175 ml)	7-10
	Soft cheeses(50 g Mozzarella, Brie, Camembert)	6
	Medium cheeses (50 g Cheddar, Swiss)	12/13
<i>Nuts and Seeds</i>	Peanut butter (2 tablespoons)	8
	Almonds, (60 ml)	8
	Peanuts, (60 ml)	9/10
	Cashews (60 ml)	5
	Pecans (60 ml)	2
	Sunflower seeds (60 ml)	6
	Pumpkinseeds (60 ml)	9
	Flaxseeds (60 ml)	8
<i>Beans (inc. Soy)</i>	Tofu (150 g)	21
	Soy milk (250 ml)	6/7
	Most beans (175 ml black, lentils, etc.)	8-11
	Soy beans (175 ml boiled)	21
	Split peas, (175 ml boiled)	12
	Edamame (125 ml)	9
<i>Breads and Cereals</i>	Whole wheat bread (2 slices) - 6 grams	6
	Bagel (plain, 10 cm diameter)	7
	English Muffin (whole wheat, toasted)	5
	Oatmeal (175 ml)	4
	Dry Cereals- read labels	1-6
<i>Meat and Fish</i>	Chicken breast (75 g)	25
	Chicken wing (75 g)	20
	Salmon (2 slices, smoked)	7
	Tuna (75g, canned)	19-22
	Chicken (75 g ground lean, cooked)	16
	Ground Beef (75 g, pan-fried)	22
	Steak (75 g)	20-30

Adapted from: Health Canada- Nutrient Value of Some Common Foods

Recommended Resources

Internet resources:

- Canadian Headache Society: www.migrainecanada.org
- American Headache Society: www.americanheadachesociety.org
- Kidshealth: www.kidshealth.org

Sleep:

- http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf

Diet:

- www.healthyfamiliesbc.ca/home/blog/how-much-protein-do-teens-need
- **Hydration App:** <https://play.google.com/store/apps/details?id=com.fourdesire.plantnanny&hl=en>
- **App:** Grid Diary: <https://itunes.apple.com/ca/app/grid-diary-journal/id597077261?mt=8>

Worry, Stress, Anxiety

- www.keltymentalhealth.ca (free guided meditations)
- www.stressedteens.com

Mindfulness: www.smilingmind.com.au

- **Apps:** available on apple and android
 - Stop, Breath & Think: <https://www.stopbreathethink.com/>
 - Sitting Still: <https://itunes.apple.com/ca/app/sitting-still/id891207446?mt=8>
 - **Breathr:** <http://keltymentalhealth.ca/breathr>
 - Settle Your Glitter: <https://www.common sense media.org/app-reviews/settle-your-glitter>
 - My Calm Beat: <https://itunes.apple.com/ca/app/mycalmbeat/id333216485?mt=8>
 - Mindshift: www.anxietybc.com/resources/mindshift-app
- **Article:** "What does meditation do to your brain?" - <https://blogs.scientificamerican.com/quest-blog/what-does-mindfulness-meditation-do-to-your-brain/>

Where to Get Counselling?

- Children's mental health agencies <https://cmho.org/find-help/find-a-centre>
- Mental health walk-in clinics (www.ementalhealth.ca)
- www.kidsmentalhealth.ca

Other Resources

- **App:** Migraine Buddy: <https://itunes.apple.com/ca/app/migraine-buddy/id975074413?mt=8>