

Headache

Episodic Headache

- Characterize type
- Abortive therapy
 - Maximum 6 doses/week

Chronic Daily Headache

- > 15 HA days per month
- Analgesic rebound
- Prophylaxis is key

Avoid Narcotics & Benzodiazepines

Abortive

Prophylaxis
Onset of action ~ 4 wks

<p>NSAIDs</p> <ul style="list-style-type: none"> •GI side effects <p>Ibuprofen Naproxen Sodium Acetaminophen Aspirin</p>	<p>Triptans</p> <ul style="list-style-type: none"> •Contraindicated in patients with CAD 	<p>Combination Medications</p> <ul style="list-style-type: none"> •Cognitive side effects •Risk of W/D <p>Fioricet Fiorinal Midrin</p>	<p>Alternatives</p> <p>Promethazine Metoclopramide Prochloroperazine Tizanidine</p> <p>Non-medication</p> <p>Trigger point injection Occipital nerve block Physical therapy</p>
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<p>Anti-depressants</p> <ul style="list-style-type: none"> •May improve mood •Improves sleep <p>Nortriptylline Amityrptilline Paroxetine Fluoxetine</p>	<p>Anti-epileptics</p> <ul style="list-style-type: none"> •Neuropathic pain •Mood lability <p>gabapentin valproic acid topirimate</p>	<p>Beta-blockers</p> <ul style="list-style-type: none"> •Non-selective may have benefit on autonomic effects of PTSD <p>Propranolol</p>
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