



*The Medical **Bulletin***

In General Medicine

Patient characteristics are age and high-risk comorbidities. Worrisome headache qualities include headache that awakens patient from sleep and constitutional symptoms. Remember that unless looking for an acute bleed, MRI is the preferred imaging modality. NSAIDs are the first-line abortive therapy for both tension and migraine headaches. For moderate to severe migraines or when NSAIDs don't work, triptans are useful abortive therapies. Avoid medical overuse headache, encourage patient to limit triptans and NSAIDs. Beta blockers like propranolol and anti-seizure like topiramate are the mainstay of migraine prophylaxis. There is strong evidence to support nonpharmacologic headache treatment, such as CBT, progressive muscle relaxation, regular sleep, and exercise!

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