

APPROACH TO CHRONIC DAILY HEADACHE

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Definition: 15 days of headache each month for at least 3 months.
It is NOT a diagnosis, it is a **descriptive term!**

Any RED FLAGS?

Yes

Secondary headache disorders

Consider ...

- | | |
|-----------------------------|--------------------------------|
| Medication-overuse headache | Post-traumatic headache |
| Meningitis | Intracranial neoplasm |
| Systemic infections | Cerebral venous thrombosis |
| Obstructive sleep apnea | High or low CSF pressure |
| Occipital neuralgia | Cervicogenic headache |
| Post-stroke headache | Post-viral headache (COVID-19) |

Workup can include:

MRI/MRA/CT/CTA/CSF analysis / CRP and ESR

SNNOOP10

- S** Systemic symptoms (fever, chills, weight loss)
- N** Neoplasm history
Neurologic deficit
- O** Older age / Onset > 50
Onset is sudden or abrupt
- P** Pattern change or recent onset of a new headache
Positional headache
Precipitated by Valsalva (sneezing, coughing, exercise)
Papilledema
Progressive headache
Pregnancy and/or puerperium
Painful eye with autonomic features*
Post-traumatic onset of headache
Pathology of the immune system
Painkiller (analgesic) overuse or new drug at onset of headache

*Can be present in primary headache disorders

No

Primary headache disorders

<4h

Mean duration everyday

>4h

Any autonomic symptoms / signs?

Yes

Chronic paroxysmal hemicrania

At least 20 attacks fulfilling the criteria below:

- Severe unilateral orbital, supraorbital and/or temporal pain lasting 2-30 minutes
- Either or both of the following:
 1. at least one autonomic symptom/sign, ipsilateral to the headache
 2. a sense of restlessness or agitation
- Occurring with a frequency of > 5/day
- Prevented absolutely by therapeutic doses of indomethacin
- Occurring without a remission period, or with remissions lasting <3 months, for at least one year

Short-lasting unilateral, neuralgiform headache attacks (SUNA)

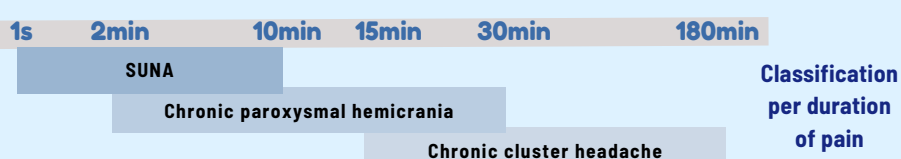
At least 20 attacks fulfilling the criteria below:

- Moderate or severe unilateral head pain, with orbital, supraorbital, temporal and/or other trigeminal distribution, lasting for 1-600 seconds and occurring as single stabs, series of stabs or in a saw-tooth pattern
- At least one autonomic symptom/sign, ipsilateral to the headache
- Occurring with a frequency of at least one a day

Chronic cluster headache

At least 5 attacks fulfilling criteria below:

- Severe or very severe unilateral orbital, supraorbital and/or temporal pain lasting 15-180 minutes (when untreated)
- Either or both of the following:
 1. at least one autonomic symptom/sign, ipsilateral to the headache
 2. a sense of restlessness or agitation
- Occurring with a frequency between one every other day and eight per day
- Occurring without a remission period, or with remissions lasting <3 months, for at least one year.



Are autonomic symptoms mandatory?

Yes

Hemicrania continua

Unilateral headache fulfilling criteria below

- Present for >3 months, with exacerbations of moderate or greater intensity
- Either or both of the following:
 1. at least one autonomic symptom/sign
 2. a sense of restlessness or agitation, or aggravation of the pain by movement
- Responds absolutely to therapeutic doses of indomethacin

No

Chronic migraine disorder

- >15 days per month
- At least 8 have migraine features

Chronic tension-type headache disorder

- Features of chronic tension-type headache

New daily persistent headache

Persistent headache fulfilling criteria below

- Distinct and clearly remembered onset, with pain becoming continuous and unremitting within 24 hours
- Present for >3 months

No

Hypnic headache

Recurring headache attacks fulfilling the criteria below:

- Developing only during sleep, and causing wakening
- Occurring on >=10 days/month for >3 months
- Lasting from 15 minutes up to four hours after waking
- No cranial autonomic symptoms or restlessness

Primary stabbing headache

Head pain occurring spontaneously as a single stab or series of stabs and fulfilling criteria below

- Each stab lasts for up to a few seconds
- Stabs recur with irregular frequency, from one to many per day
- No cranial autonomic symptoms

Access [ICHD-3](#) for full diagnostic criteria of the headache disorders!

www.neudrawlogy.com



More infographics and most updated version of this one here!