

Chronic Migraine Management in Adolescents

Kimberly Kobetich, Charlotte Lindsey, and Shawn Parquet

Faculty Mentor: Sharon Chalmers

University of North Georgia

Abstract

Migraines in adolescence are more common than many other disabling conditions; their prevalence equals that of asthma and diabetes combined. The incidence of migraines in adolescents is on the rise and a growing concern for parents, educators, and healthcare professionals. Migraine headaches account for nearly 82,000 missed days of school per week. Adolescents who suffer from chronic migraines experience significant negative effects on their social life, school performance, and family dynamics, which can have life-long consequences. Management of chronic migraines in adolescents is difficult for a number of reasons. First, the pathophysiology of the migraine headache continues to be researched and is still not clearly understood. Also, the signs, symptoms, and triggers vary with each individual. Learning to recognize, manage, and possibly avoid triggers can be a daunting task for a young person. In this presentation, the authors will be reviewing current evidence-based literature to establish prevention and treatments for the management of chronic migraines in adolescents.

Keywords: migraines in adolescents, chronic migraines in adolescents, migraines in children, treatment of migraines in children