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Caring for Head Pain and Sleep Apnea

TMJ Migraines Snoring and Sleep Apnea

Head and Neck Muscle and Nerve Pain

Inventor of the gentle jaw® yoga for the jaw®



## Primary Headaches on One Page™

1. Migraine
2. Tension-type headache (TTH)
3. Trigeminal autonomic cephalalgias (TACs)
4. Other primary headache disorders

### 1. Migraine **5472 PUMA PPNV ACE**

**5472** = History of **5** headaches lasting between **4-72** hours

**PUMA** = at least 2 of 4: **P**ulsating, **U**nilateral, **M**oderate to severe, **A**ggravation with exertion or the avoidance thereof.

**PPNV** = at least 1 of 2 (1) **P**hotophobia **and** **P**honophobia (2) **N**ausea and/or **V**omiting

**ACE** = remember to ask about **A**ura. **C**hronic = 15 or more headaches/month. **E**pisodic = less than 15 headaches/month

### 2. Tension-type headache (TTH) **Almost the exact opposite of migraine**

A. At least 10 episodes of headache occurring on and fulfilling criteria B-D

**Infrequent:** <1 day/month on average (<12 days/year)

**Frequent:** 1-14 days/month on average for >3 months (≥12 and <180 days/year)

**Chronic:** ≥15 days/month on average for >3 months (≥180 days/year)

B. Headache lasting from 30 minutes to 7 days

C. Headache has at least two of the following characteristics:

1. bilateral location
2. pressing/tightening (non-pulsating) quality
3. mild or moderate intensity
4. not aggravated by routine physical activity such as walking or climbing stairs

D. Both of the following:

1. no nausea or vomiting
2. no more than one of photophobia or phonophobia

### 3. Trigeminal Autonomic Cephalalgias (TACs) **Quarter to 3, 2:30, 1:10, greater than 3 months.** The headache must be one sided and meet the criteria below:

3.1 Cluster: **Quarter to 3** = 15 minutes to 3 hours. Must have an autonomic sign and/or restlessness/agitation.

3.2 Paroxysmal hemicrania: **2:30** = 2 minutes to 30 minutes. Must have an autonomic sign and/or restlessness/agitation.

\*Responds absolutely to therapeutic doses of indomethacin.

3.3 SUNCT/SUNA: **1:10** = 1 second to 10 minutes. Must have an autonomic sign.

3.4 Hemicrania continua: **greater than 3 months** Must have an autonomic sign and/or restlessness/agitation.

\*Responds absolutely to therapeutic doses of indomethacin.

### 4. Other primary headache disorders - MRI is required.

**"I was stabbed, I became numb, I coughed, I had exertional sex outside at a cold picnic, where I heard persistent thunder."**

4.1 Primary cough headache (headache due to coughing) = coughed

4.2 Primary exercise headache (headache occurs during exercise) = exertional

4.3 Primary headache associated with sexual activity (headache occurs at or before orgasm) = sex

4.4 Primary thunderclap headache = thunder

4.5 Cold stimulus headache (headache due to consuming something cold) = cold

4.6 External-pressure headache (headache due to hat, headband, goggles, ponytail, etc.) = outside

4.7 Primary stabbing headache (sharp stabs in temporal region lasting a few seconds) = stabbing

4.8 Nummular headache (headache in temporal region the size of a half dollar) = numb

4.9 Hypnic headache (headache occurs at the same time during sleep) = picnic

4.10 New daily-persistent headache (NDPH) (patients can recall time, day, and what they were doing when the headache started) = persistent