Nurtritional behaviour and one-point acupuncture in the treatment of children with chronic headache

3rd International Conference on Pediatrics

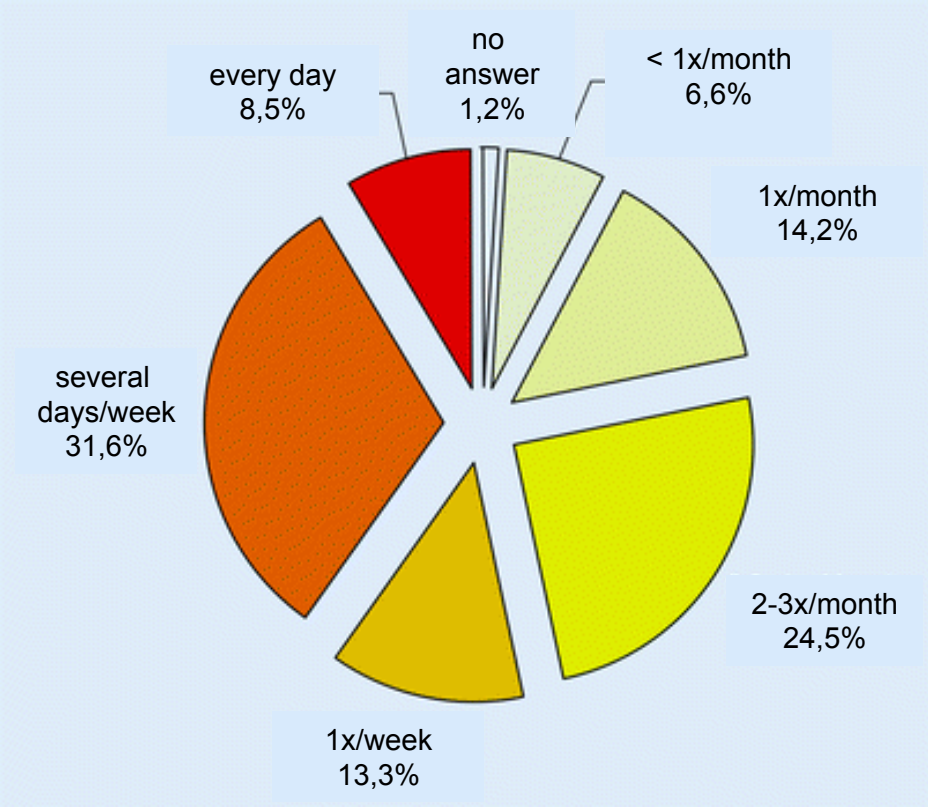
18.05.2015

Maite Hartwig

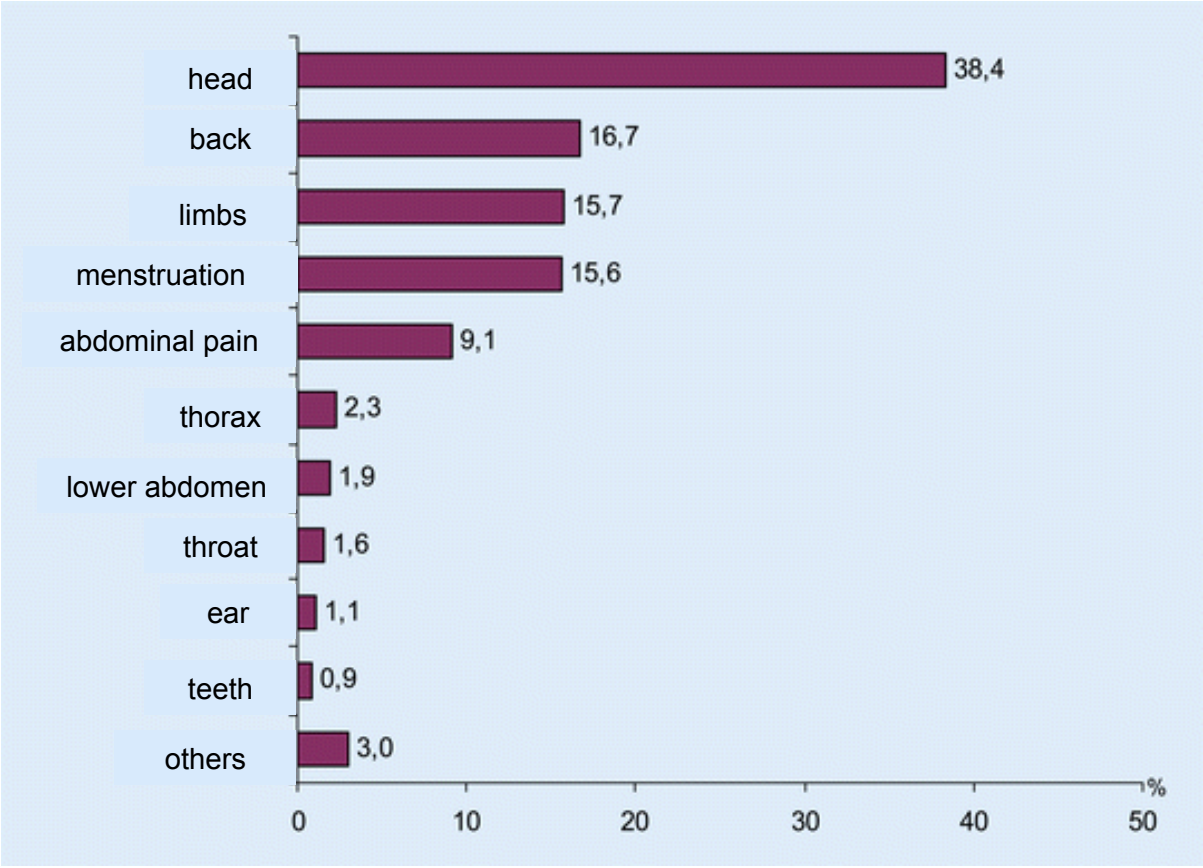
Overview

- Epidemiology
- Types of headache in children
- Therapeutic options in general
- Dietary treatment
- Role of acupuncture in the treatment of headache
- Take home message

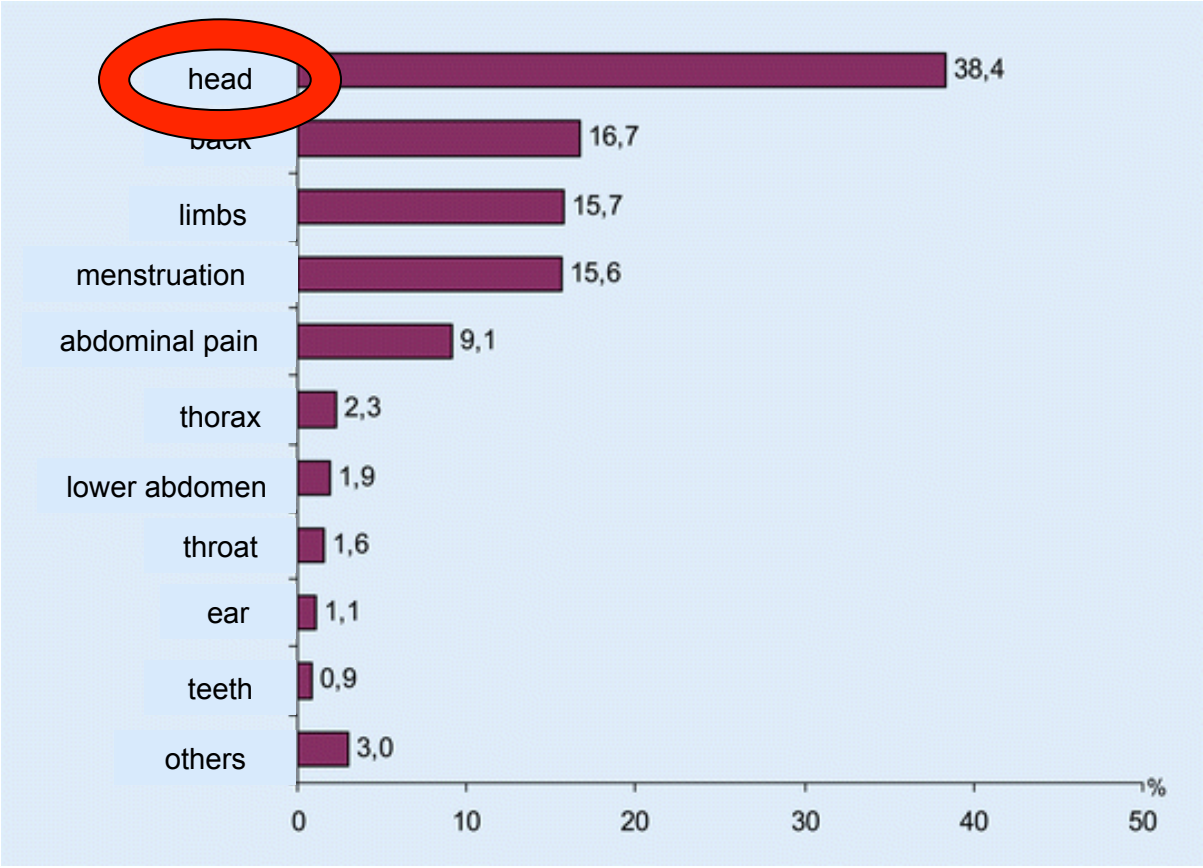
Chronic pain in children



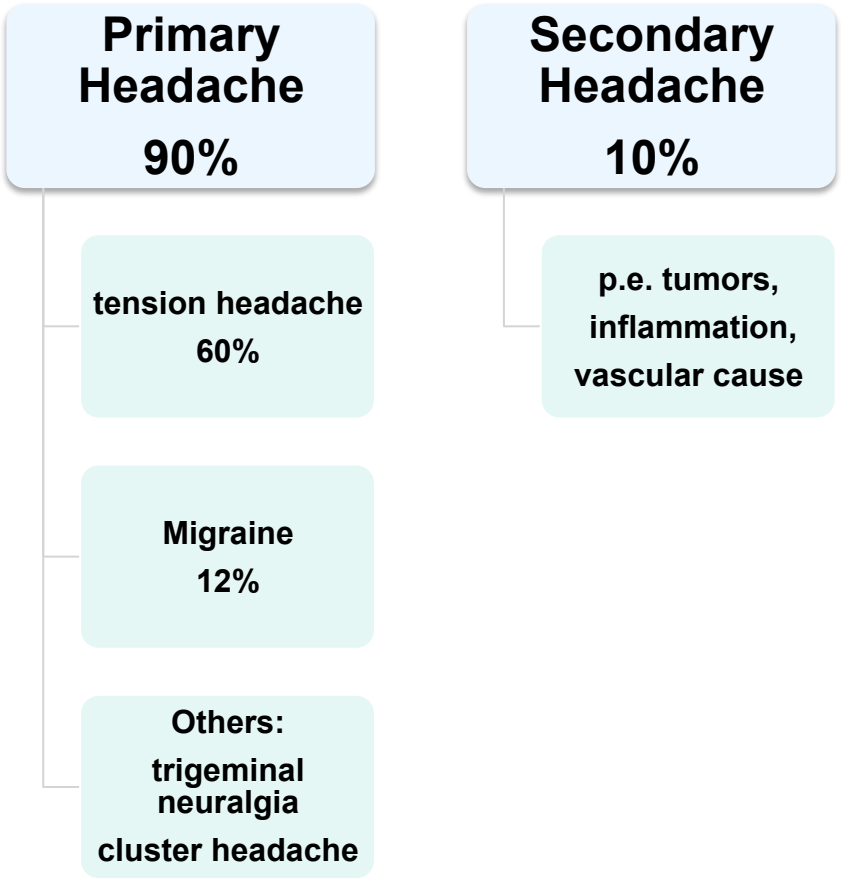
Localisation of chronic pain in children



Localisation of chronic pain in children



Headache in Children

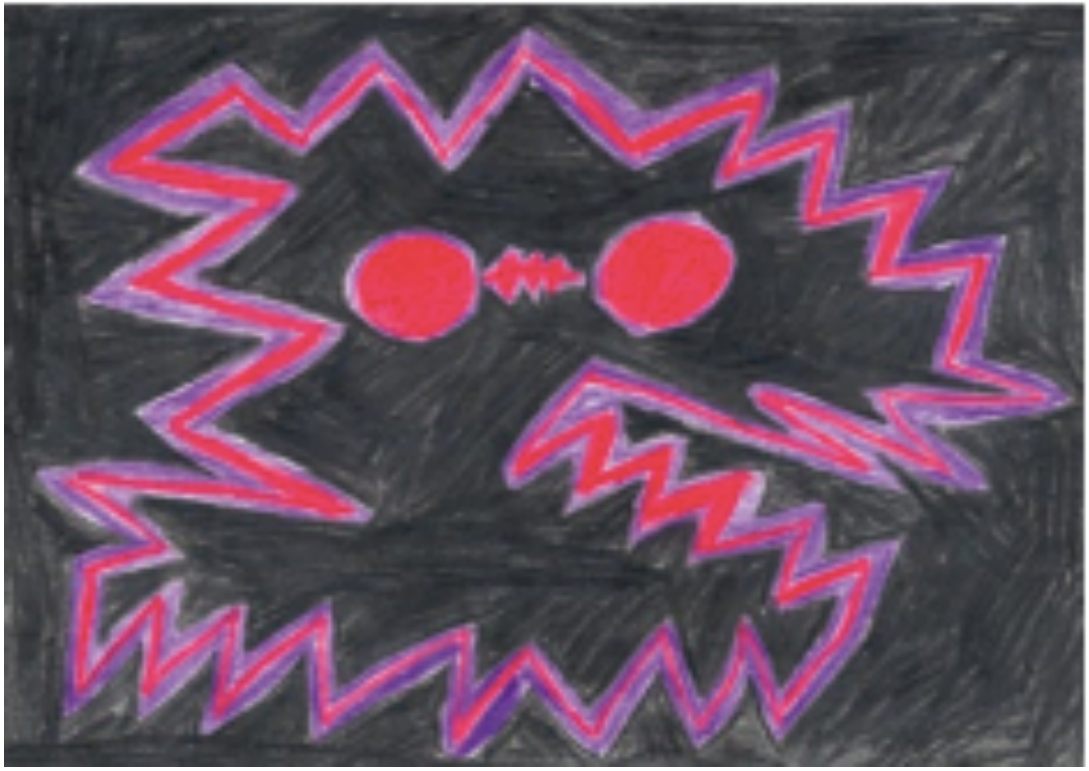


Patient with tension headache and migraine



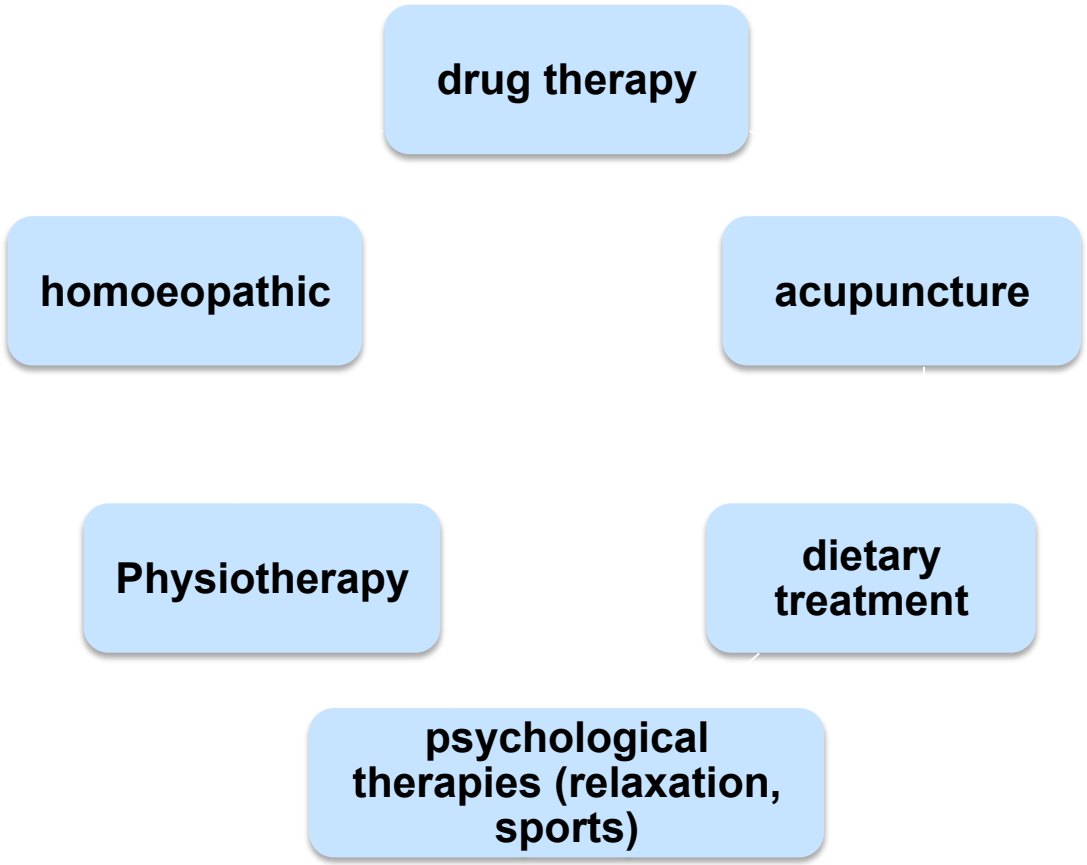
B Kauffmann, M Faiss. pädiatrie hautnah 2011; 23 (2):101–8

Patient with migraine and aura

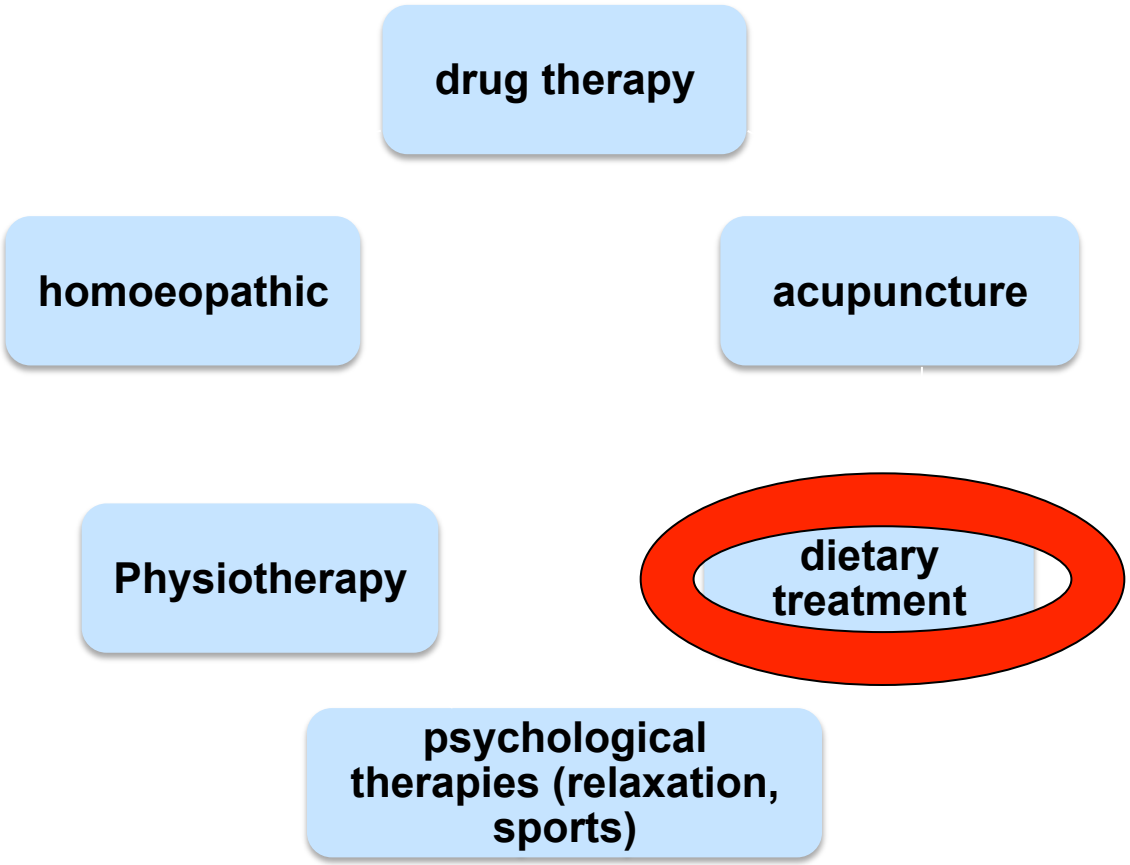


scintillating scotoma
B Kauffmann, M Faiss. pädiatrie hautnah 2011; 23 (2):101–8

Therapeutic options for children with primary headache



Therapeutic options for children with primary headache



Food intolerance and headache



Food List

- allowed:
  - acidifided milk products: yoghurt, cream
  - rye, spelled
  - vegetable, fruit
  - turkey meat, beef

- forbidden:
  - milk, quark, hot choclat
  - wheat
  - regular sugar
  - dye, preservatives
  - pork

Experimental setting

- 117 patients, age 7-18
- 24 suffered from migraine
- 66 suffered from tension headache
- 27 had combined headache
- after all 27 drop outs
- time period 3 months
- radomisation in group P and group B

Experimental setting

delfin-kids

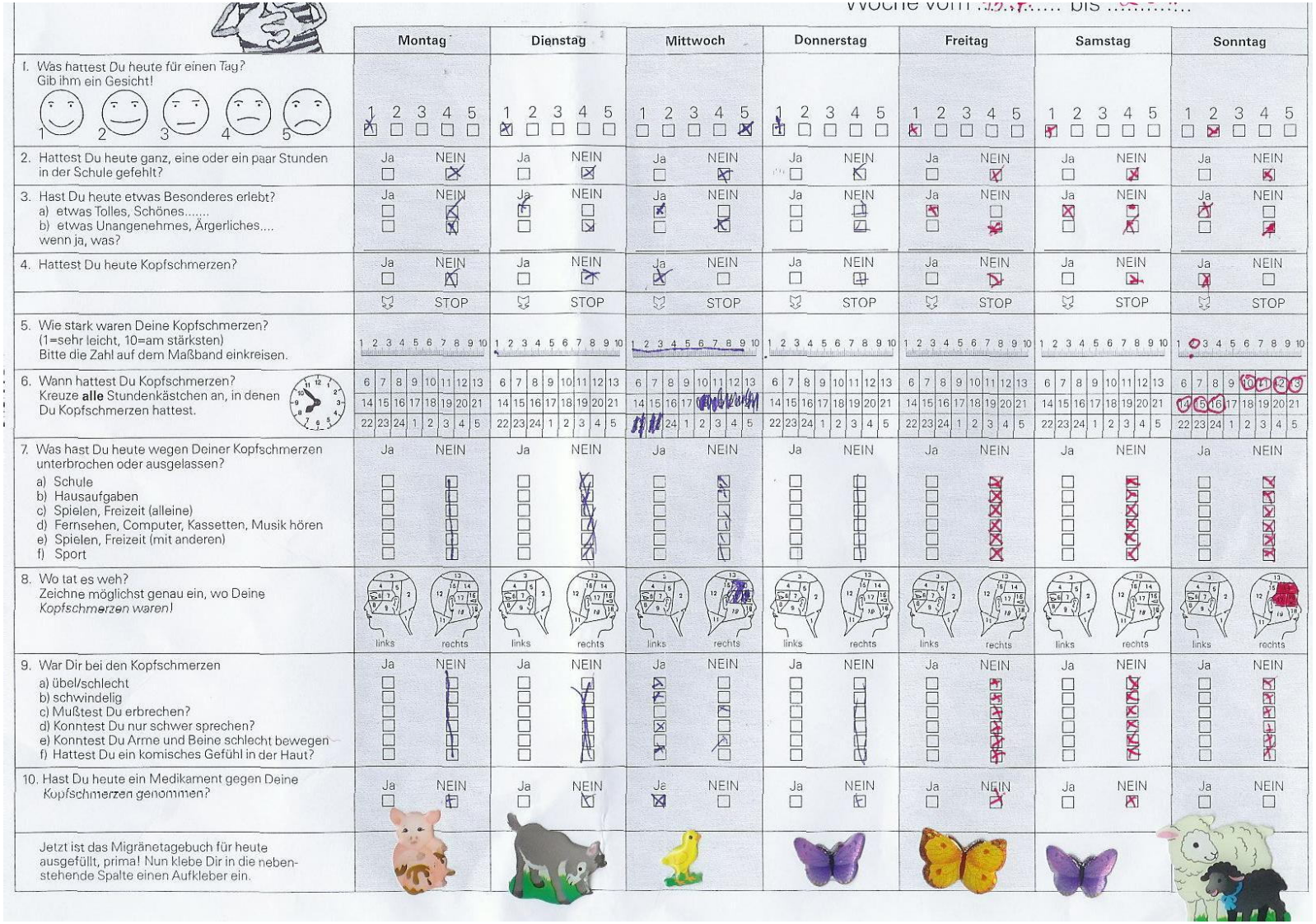
Group P

- a brochure concerning all the information about the diet was handet out

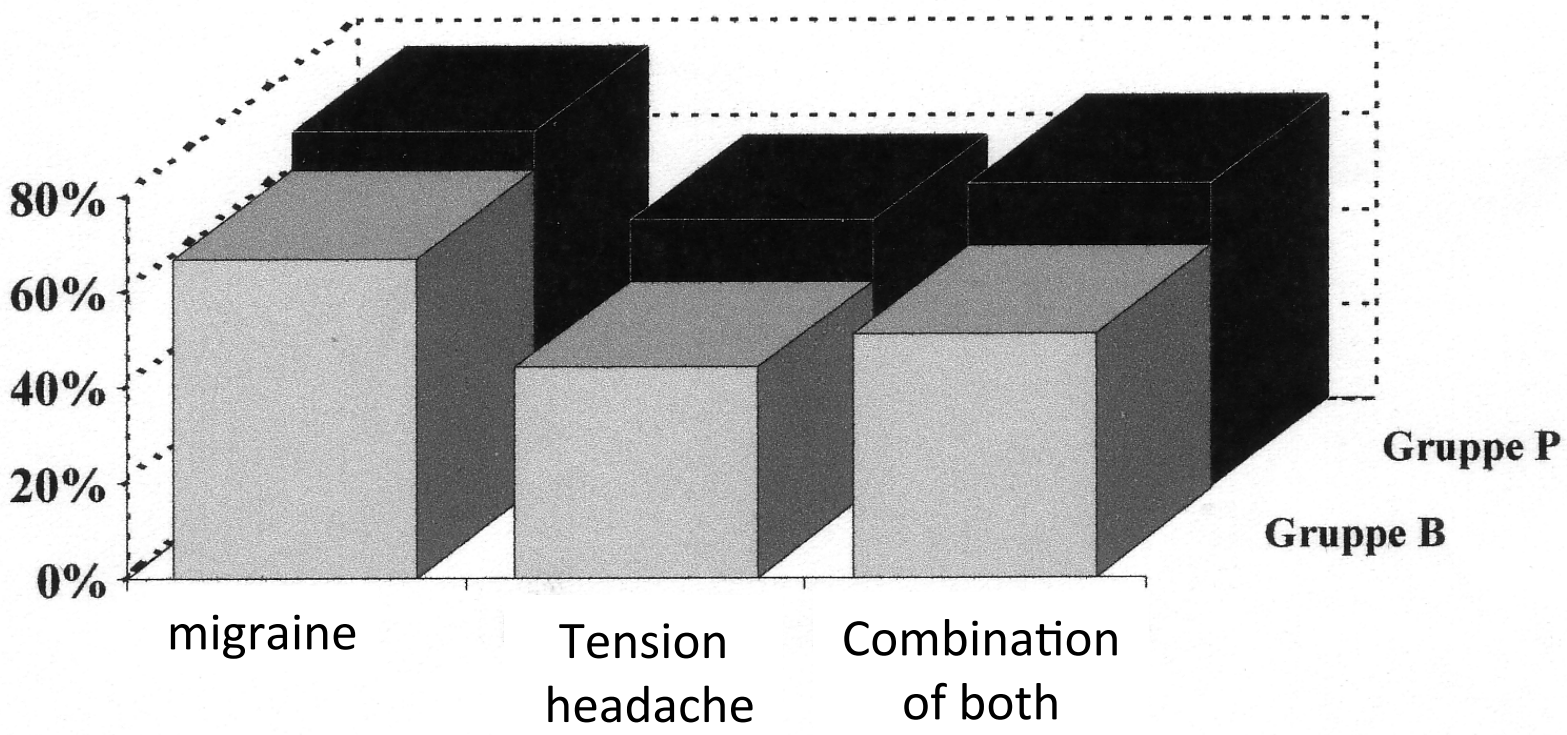
Group B

- families got a one hour personal advice about the diet

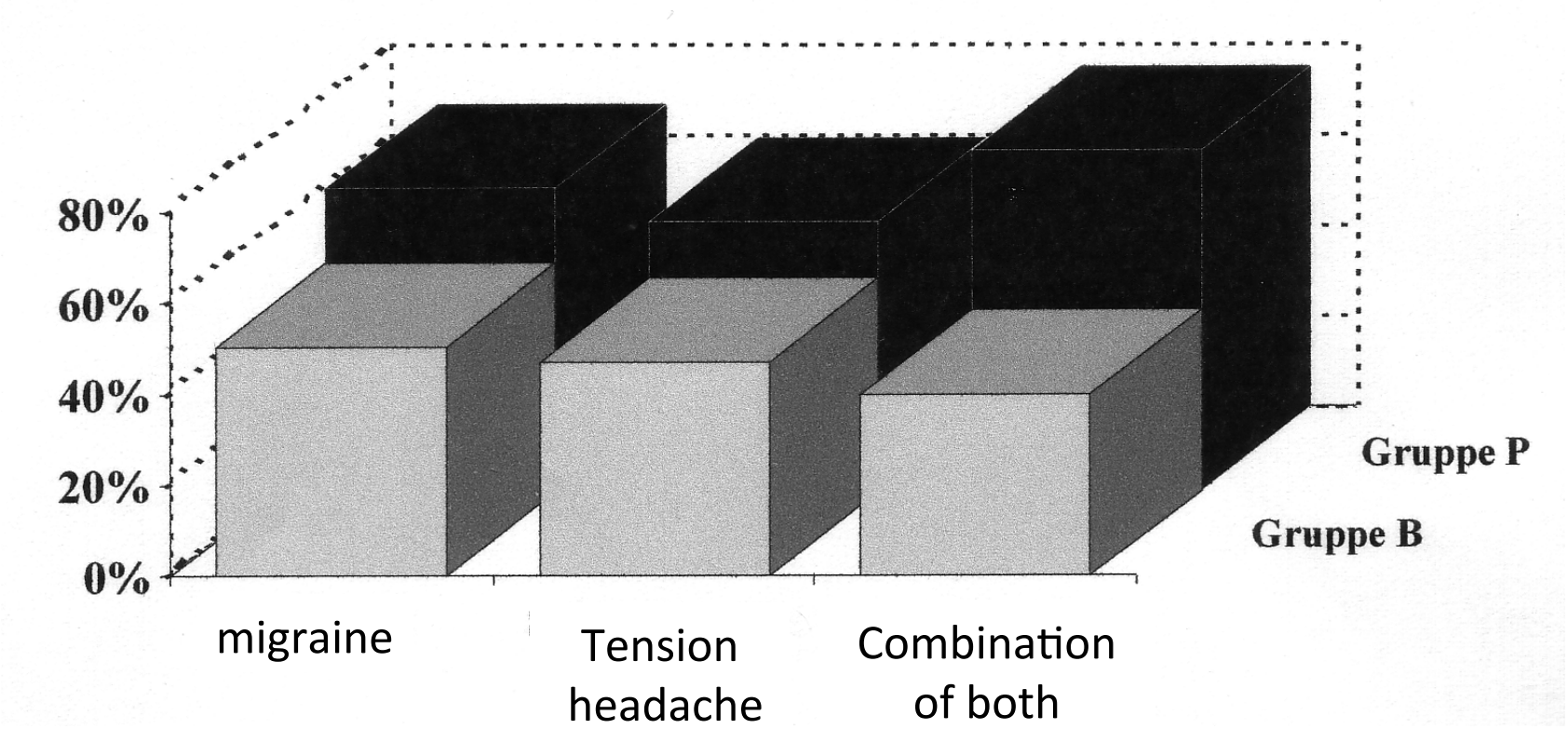
Headache calender



Headache Frequency



Headache Intensity



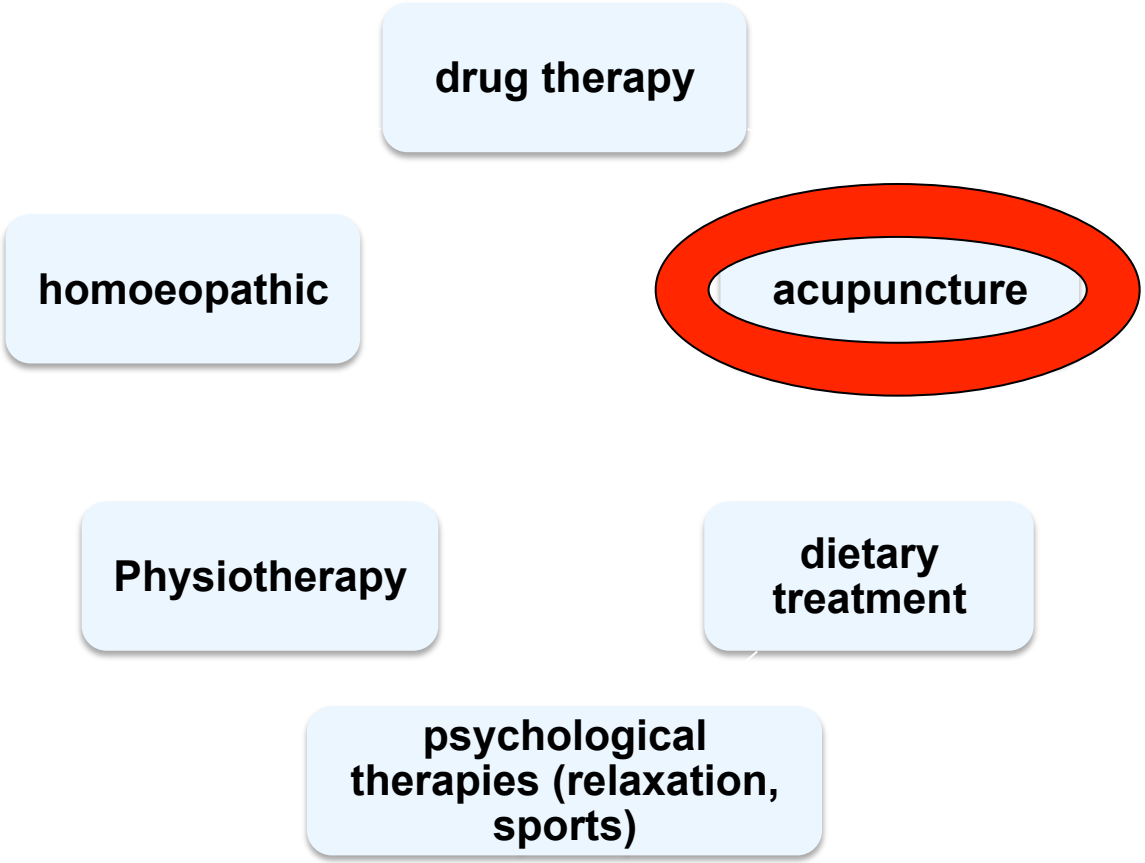
Results

		therapeutic success			
		yes		no	
		number	%	number	%
diagnosis	**group**				
migraine	B	6	50	6	50
	P	8	66,7	4	33,3
tension headache	B	15	46,9	17	53,1
	P	19	59,4	13	40,6
both	B	6	40	9	60
	P	9	75	3	25
total	B	27	45,8	32	54,2
	P	36	64,3	20	35,7

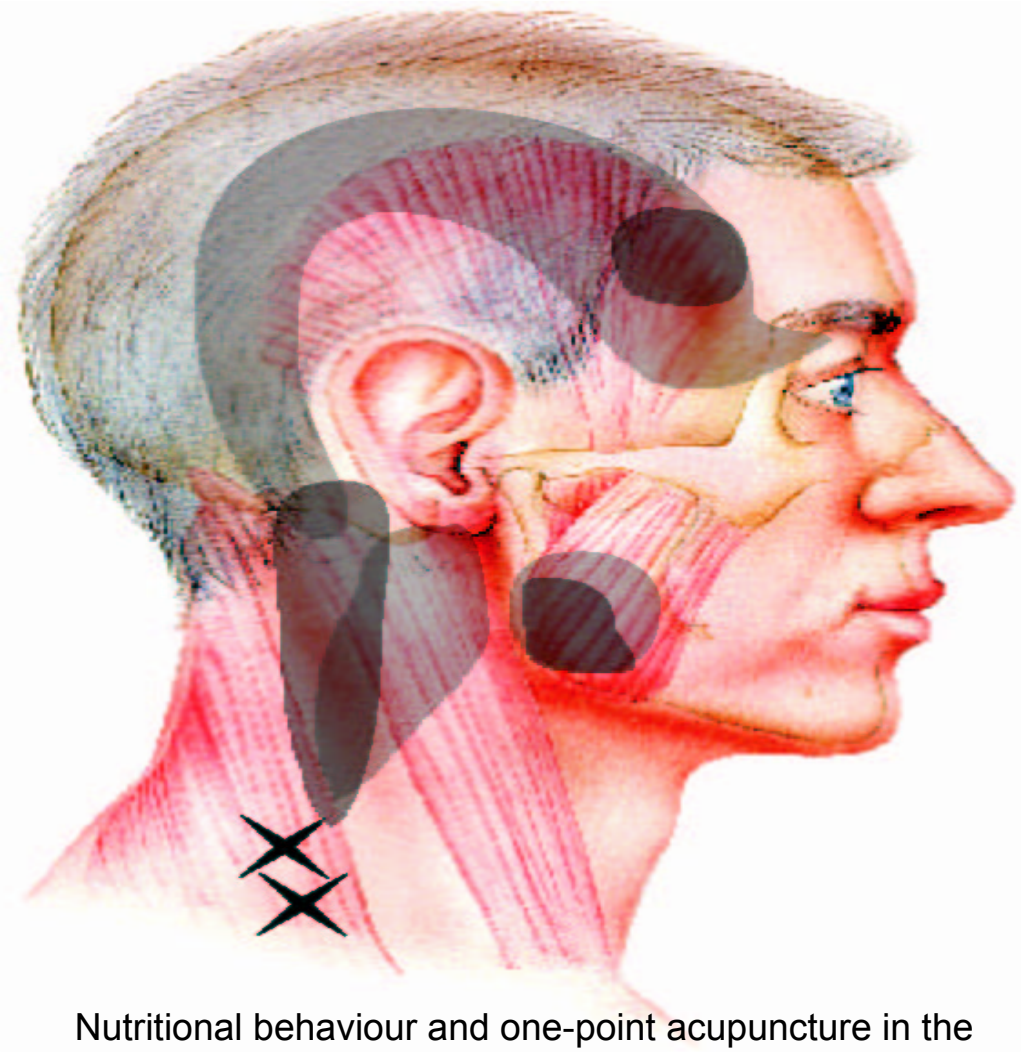
Conclusion

- dietary treatment is helpful for patients with migraine and tension headache
- it seems that personal advice concerning the diet is more helpful than a handout alone

Therapeutic options for children with primary headache



Muscle tension and headache








delfin-kids

Acupoints for treatment

Pothmann/Meng,
Akupunktur in der Kinderheilkunde

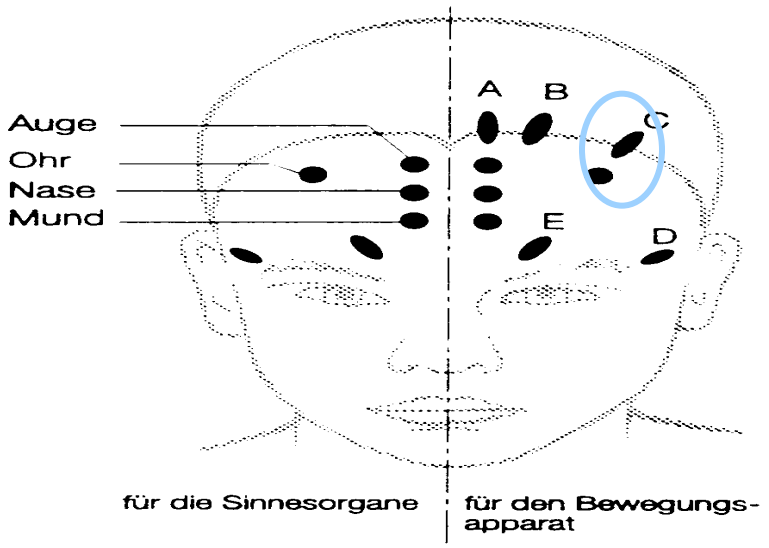


Abb. 49 Frontale Basispunkte nach Yamamoto

Patient with regular acupuncture



Laseracupuncture



Softlaser

benefit

- painlessly
- Atraumatic
- good compliance

disadvantage

- retinal damage (only by unproper use)
- effectivness slower

Study design

- Double blind
- Randomized (verum vs placebo laser)
- Bicenter
- placebo-controlled
- 43 patients (age 12,3 +/-2,6)
- 22 patients with migraine, 21 patients with tension headache
- 4 treatments within 4 weeks

Laser acupuncture in children with beadache: A double-blind, randomized, bicenter, placebo-controlled trial; S.Gottschling et al, PAIN 137 (2008) 405-412

Results

Verum group

- Reduced headache by 6,4 days/month

Placebo group

- Reduced headache by 1 day/month

Overall Conclusion

- There are more valid therapeutic options for children with chronic headache than drugs
- Children with migraine and tension headache benefit from dietary regimes
- Children with migraine and tension headache benefit from 1 point acupuncture

Farewell

