

## Diagnosis: Migraine vs. Tension headaches

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	<b>Pathophysiology Summary</b>	<b>Signs and Symptoms (subjective)</b>	<b>Physical Assessment Findings (objective)</b>	<b>Ph Rec</b>
<p>Diagnosis #1: Migraines</p>	<p>The exact pathophysiology of migraines is not fully understood but based on researchers it is linked to abnormal changes in the blood flow and affects specific brain structures. It is stated that the following reaction occur during a migraine attack:</p> <ul style="list-style-type: none"> <li>• Activation of trigeminal vascular system which involves meningeal vasodilation, neurogenic</li> </ul>	<p>Each patient is different and may experience various level of symptoms. There are four different phases that patient experience different symptoms:</p> <ul style="list-style-type: none"> <li>• Premonitory: 2 hours before headache onset: Changes in mood and activity Irritability Fatigue Food cravings Repetitive</li> </ul>	<p>Upon office examination assess headache:</p> <ul style="list-style-type: none"> <li>• Onset</li> <li>• Duration</li> <li>• Severity</li> <li>• Frequency</li> <li>• Location and quality of pain</li> <li>• If presence of aura symptoms</li> <li>• Inquire any known triggers</li> <li>• Inquire impact on daily life</li> </ul> <p>Order lab test to rule out any underlying conditions:</p> <ul style="list-style-type: none"> <li>• CBC</li> <li>• BMP</li> </ul>	<p>After determine experience different treatment can help all pain. At this be able to id help avoid h episodes. A identify adju require in th extra snack make sure t enough, etc would be m alleviate the medications</p> <p>Mild migrain 1) NSAID: inflamma Mechanism</p>