

## Children And Migraine

Many people think that migraines only occur in adults. However, many children suffer, and for any parent, this can be a worrying time. The cause of a migraine in a child is still unknown. Many feel that if the child's parents are predisposed to migraines, then the child is at a higher risk of also suffering.

Studies have shown that around 10% of children are afflicted with headache and migraine pain. Boys and girls experience around the same number of migraines, however, the good news is, that it is quite common for boys during puberty to outgrow the pain and symptoms of a migraine. Sadly, for girls, once puberty occurs and their teenage years begin (and hormones kick in) there is a rise of around 20%. Females in general are afflicted with migraines about three times more than men.

A migraine in a child or teenager usually lasts from 1-4 hours, however, in some severe cases, up to 48 hours.

As a parent, knowing what type of headache/migraine your child is suffering from can be somewhat daunting. There are two types of migraines; primary and secondary. If your child is not suffering from any other health conditions and their only complaint is a headache, then this is more likely to be a primary migraine. However, if your child is experiencing other health issues, it may be considered a secondary migraine. Therefore it is very important you seek medical advice to clarify any concerns you may be having.

For many young children, a migraine can come in the form of a very nasty stomach ache, commonly known as an abdominal migraine, with bouts of nausea and vomiting, yet no sign of a headache. Usually, "sleeping it off", is the best remedy and the child awakens feeling better.

Most common symptoms a child experiences during a migraine are:

- Have a headache/throbbing pain on both sides of the head
- Feel nauseous, even vomitingStomach ache
- Diarrhoea
- Sensitivity to lights and smells
- DizzinessMotion sickness

Sleep is the best remedy for children who suffer a migraine. Sleep heals "the body" and can relieve and reduce the symptoms of a headache/ migraine. However for the ongoing prevention of migraines try using a therapeutic pillow, one that supports the head and neck. This will reduce the symptoms of morning migraines and allow your child to sleep more soundly and comfortably.

Some children benefit from mild pain relief, but we believe for ongoing prevention of migraines in children a daily intake of Himalayan Goji Juice and/or daily supplements will assist tremendously in treating migraines. This will also increase their overall health and build their immune system, so their bodies are strong enough and have a chance to activate the body's natural ability to heal itself completely from this ailment.

You should also try using a cold and hot pack for immediate and temporary relief of migraines / headaches. This can be

a huge benefit when you experience the onset of a migraine or during a full-blown migraine.

Like many adults who suffer from a migraine, many things are considered to trigger an attack:

- Lack of sleep
- Certain foods
- Skipping meals
- Travel (motion sickness)
- Stress (bullying at school, breakdown of family dynamic)
- Onset of puberty (menstruation)

Encourage your child to keep a &ldquo;migraine diary&rdquo; to try and establish what may be triggering their migraines. Please feel free to download the diary, which we&rsquo;ve made available to help you track your migraines.

Migraine 4 Kids is another great source of information for children suffering from migraine.