

# Headache Treatment

By Dr. Karen Prentice

If you are concerned about your child or teen's headaches, please see your doctor and let them do a thorough history and examination. The following are some simple things you can try to prevent headaches and migraines.

1. Get a good night's sleep
2. Drink 8-10 glasses of water per day
3. Keep your blood sugar stable by eating a protein food like peanut butter or turkey and a complex carb like brown bread or a banana every 2-3 hours.
4. **Avoid the following:**
  - **Nitrates**
  - **Preservatives**
  - **Processed foods**
  - **Food dyes especially yellow dye #5 and red dye #40**
  - **MSG found in foods like soy sauce**
  - **Artificial sweeteners such as aspartame, NutraSweet, and Splenda.**
5. If possible, eat only organic fruits and vegetables.
6. Keep stress down by exercising an hour every day and spending some time in nature.

**The following foods may also trigger headaches:**

- Aged cheese
- Processed Meats-hot dogs, pepperoni, lunch meats (nitrites and preservatives)
- Peanuts
- Coffee, Caffeine
- Chocolate (try to eat only dark chocolate with greater than 70% dark chocolate)
- Anchovies
- Avocado
- Bananas
- Citrus Fruits
- Figs
- Raspberries

If your child or teen experiences worsening headaches, waking in the middle of the night with headaches, vomiting, or change of mental status, please call us immediately or go to the ER!