“I Get Headaches”

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Robert Reed Jr OD
1 hr intermediate clinical

Course Description:
Many patients come in with a chief complaint of headaches, but is it necessarily an ocular problem? This class will explore different classes of headaches. How to take a detailed systematic history will be covered. The connection to vision and each headache class will be considered and what optometric or other testing can be done. Finally various optometric related treatments for different headaches will be reviewed. Gain insight for your own headaches, as well as your patients.

I. Ocular connections

II. 11 History items
   A. Frequency
   B. Location
   C. When
D. Initiation
E. Quality
F. How long does it last?
G. Changing
H. Helps
I. Triggers
J. Associated symptoms
K. Scale of 1 to 10

III. Classes of headaches
   A. Refractive
   B. Ocular
   C. Vascular
   D. Sinus
   E. Neurologic
   F. Tension
   G. Migraine
   H. Psychological
IV. Treatments

A. Refractive

1. Refraction
2. Aniseikonia
3. Binocular
4. Accommodative
5. Lens design and measurements

B. Information for behavior modification

C. Referral to other professionals

D. Limit of our capabilities and legal implications

V. Additional testing

A. In office

B. Blood work

C. Referral
**Table 1: Symptom Severity and Frequency**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Rare</td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td></td>
</tr>
<tr>
<td>Occasional</td>
<td></td>
</tr>
<tr>
<td>Frequent</td>
<td></td>
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<tr>
<td>Very Frequent</td>
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**Psychological Changes**
- Difficulties with concentration
- Mood changes
- Irritability
- Anxiety

**Physical Changes**
- Headache
- Fatigue
- Loss of appetite
- Constipation

**Eye Changes**
- Blurred vision
- Floaters
- Temporary loss of vision

**Neurological Changes**
- Changes in balance
- Numbness or weakness in arms or legs
- Speech difficulties

**Other Changes**
- Changes in sleep patterns
- Changes in appetite

**Migraine**
- Headache
- Light sensitivity
- Sound sensitivity
- Nausea

**Tension**
- Neck pain
- Shoulder pain
- Fatigue

**Cluster Headache**
- Severe eye pain
- Conjunctivitis

**Cluster Eye**
- Redness
- Pain

**Other**
- Changes in mood
- Changes in energy level
- Changes in appetite

**Types of Migraine**
- Common
- Classic
- Basal

**Triggers**
- Stress
- Lack of sleep
- Changes in diet

**Consequences**
- Fatigue
- Mood swings
- Difficulty concentrating

**Prevention**
- Regular exercise
- Good sleep
- Healthy diet

**Medications**
- Over-the-counter, prescription

**Habituation**
- Develop strategies to cope with headache

**Professional Help**
- Seek help from a healthcare provider

**Follow-up**
- Regular check-ups