


“I Get Headaches”

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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

type	frequency	location	when	started	quality	ow long last	changing	relief	triggers	sst symptoi	scale 1-10
refractive	varies	frontal, brow after detail eyes, back c work near or head	gradual	ache, pressure	hours	worse	aspirin, sleep	WORK detail	no	3 - - 7	
ocular	sudden or recurrent	AM or eye	sudden	now or years	ice pick throbbing ache, pressure	constant	no	nothing trauma	nausea, flare, halos, loss c 10+ vision, photo		
sinus	seasonal	frontal	early AM or wakes	recent to years	pressure or vise	varies	varies	otc sinus heat	weather sleep	"cloggy" feeling	varies 2 - 5
vascular	daily	temples or back of head with it	wakes up	wks to yrs	pounding, severe	constant	equal to wor nothing	nothing	bending exertion	general malaise nausea	5 - 12
neuro	steady	top of head or general	all the time	wks to mths dull ache pressure vise	constant	steady to worse	nothing	nothing	nothing exertion	varies	3 - 6
tension	2 - 5 x/wk	back of head and neck	gets worse as day goes on	change in lifestyle or work	stabbing pai hrs	varies	OTC meds alcohol	stress overload	frustration anger	5 - 8	
migraine	wkly - mthly	back of head neck, whole head	back of head anything	varies	pounding, vise, ice pick, intense	hrs to days varies	quiet, rest dark room, time	hormone cyc nausea, visio food, sounds loss, hyper smells, light sensitive	7 - 12		
psychologi	varies	everywhere nowhere	anytime	"yes"	all answers possible	whatever yup	nothing	everything	you name it	5 - 10	

Headaches are biology, not math. This table is for reference, NOT absolutes. I'm NOT an MD or Neurologist, but read a lot, & have seen patients 40yrs.