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Developing a Standard Diet Questionnaire for Pediatric Headache Medicine to Detect Dietary Triggers in Children with Chronic Migraine

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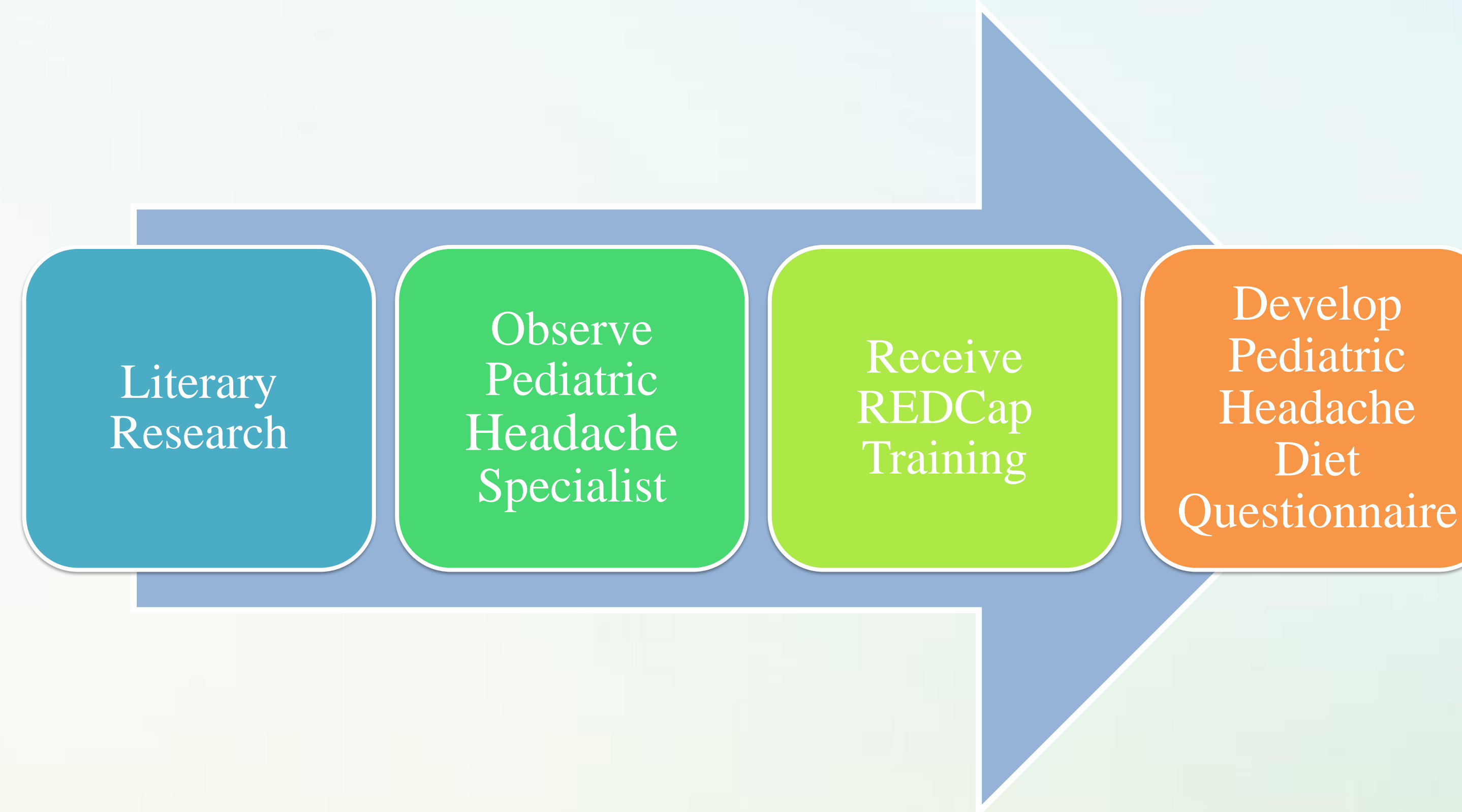
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Background

- Migraine can be a debilitating neurological spectrum disorder and can be present as early as infancy.^{6,11}
- Its pathophysiology is not well known but a theory is that patients with chronic migraines have a lower threshold along their trigeminal nerves leading to a hypersensitivity to different triggers such as food.
- Although there are many studies about common dietary factors within adult headache medicine, dietary triggers within pediatric headaches remains under studied.^{6,7,10,13,14}

Methods



Discussion

- Diet sensitive migraineurs can be sensitive to more than one food & implementing elimination diets have proven to help improve patients' quality of life.^{5,13,14}
- Questionnaires could be a great way to receive detailed information that would otherwise be inaccurate due to occasional self-censorship or faulty memorization.
- Having accurate information about the patient's regular diet will serve as a solid base for the provider and patient when talking about ways to modify their diet to improve their quality of life with chronic migraine.

Objective/Aim

- Our goal is to develop a standard diet questionnaire for pediatric headache medicine.
- Provide a diagnostic tool that will give more accurate and uncensored information about the patient's diet to help develop an exclusion diet plan to improve patient's headaches and quality of life.
- To develop this questionnaire as a tool that can be used to help further research in food triggers in pediatric migraine.

Results

Future Direction

Conduct a pilot study in order to test quality of questionnaire and make improvements

Conduct a larger study and prove its importance for the headache/migraine community

Establish our questionnaire as the 1st Standard Diet Questionnaire for Pediatric Headache Medicine.

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