

Peripheral Interventional Treatment in Headaches

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Background: The management of refractory headaches with the existing therapeutic options might be challenging since it is difficult to achieve the pain control. Peripheral interventional treatments may be an alternative because of minimally invasive nature. It should be considered in the refractory patients with a poor response to pharmacological management. Patients with a late response to attack treatment, complicated migraine, hemiplegic migraine, who develop intolerable side effects from pharmacological treatments, who have comorbidities such as hepatic and renal failure can be candidate as well.

Methods: We use interventional treatments in many headache types but there is no current consensus on the technical aspects. These treatments become relatively popular for cluster headache and chronic migraine. A recent survey showed that 69% practitioners used interventional methods in their refractory patients.

Results: We will show video demonstrations of refractory patients with mainly peripheral nerve blocks including greater occipital nerve, supra orbital and suprathroclear nerve, sphenopalatine ganglion.

Conclusion:

- Interventional treatments can be used for acute attack management, bridge therapy or preventive treatment in various headache types including headache disorders.
- The procedures are easy to apply in headache outpatient room by trained physicians and are low cost.
- They are mainly safe in pregnancy, children and elderly patients.
- Interventional methods deserve further attention so that we can acquire more evident based research and clinical practice data.