

Post-Traumatic headache

Mansoureh Togha

Headache Department, Iranian Center of Neurological Research, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran.

Headache Department, Neurology Ward, Sina University Hospital, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.



Headache is among the most common consequence of different types of traumatic brain injuries. Post-traumatic headache (PTH) is very important as it could be long lasting and interfere with daily activity especially in the chronic form. As the number of traumatic accidents is growing in different parts of the world specific attention to their sequels including headaches is needed. According to the studies about one third of the patients with traumatic brain injury would have post-traumatic headache, regardless of the type and the severity of the trauma.

The lifelong prevalence of PTH in men and females reported up to 4,7% and 2,4%, respectively. Post traumatic headaches usually follow a benign course and is self-limited as most of them recovers in a year after injury. Though the one-year prevalence of chronic PTH could be as high as 0.2% in the population.

A comprehensive and approved systematic guide for the management, and prevention of this disorder is not available yet. Therefore, we are going to summarize the available data about the diagnosis and management of PTH.

Probable risk and associating factors, phenotypes and pathogenesis also will be discussed. The apparent gaps in research, diagnosis, and management of PTH as well as a useful guide for future research on this topic are going to be addressed in the lecture. One of the gaps in this field is the definition of post traumatic headache by ICHD3 criteria, which is limited to the occurrence of headache within 7 days post trauma or after being conscious. This criterion could be under debates as many post-traumatic headaches start after this period.