

Differential Diagnosis and Classification of CM and C-TTHA

Alan M. Rapoport

Clinical Professor of Neurology
UCLA School of Medicine, Los Angeles, California, USA



The ICHD-II is an important document that helps all clinicians interested in headache to properly diagnosis headache types. I will present and discuss chronic migraine and chronic tension-type headache. Cases will be presented and the audience response system will be used to make the session more interactive.

In the ICHD-II, when speaking of primary headache disorders, the term chronic means occurring 15 or more days per month, for at least 3 months. In reference to secondary headache disorders, chronic means persisting for more than 3 months.

Chronic migraine (a primary headache disorder) is diagnosed when a patient qualifies for migraine without aura and has some type of headache at least 15 days per month for 3 months or more. Eight of the headache days have to either be migraine days, or would have been migraine days but the patient took an ergot or triptan and the severe headache never occurred. Medication overuse should not be present, but this is controversial.

Chronic tension-type headache is defined as a patient with tension-type headache who has 15 or more days of headache per month for at least 3 months. In addition the patient can have only one of these 3 associated symptoms: photophobia, phonophobia or mild nausea. In addition the patient may not have moderate or severe nausea or vomiting.

Two cases will be presented representing these two conditions and my conclusion will suggest that it is important to take a careful history and make an accurate diagnosis following the ICHD-II criteria.

Dr. Alan M. Rapoport is a *Clinical Professor of Neurology* at The David Geffen School of Medicine at UCLA, Los Angeles, California, where he teaches medical students, neurology residents and fellows.

He is also the founder and Director-Emeritus of The New England Center for Headache, in Stamford, Connecticut. Board-certified in Neurology and Headache Medicine, he has co-authored more than 250 articles, chapters and posters on headache. He has lectured around the country and internationally to general physicians and headache specialists on all aspects of headache pathophysiology, diagnosis and treatment and has appeared many times on national radio and television programs, such as *Today* and *Good Morning America*.

He is an editor of *Headache*, *CNS Drugs* and Editor in Chief of *Neurology Reviews*, and he reviews for many peer-reviewed journals such as *Cephalalgia*, *Neurology*, *New England Journal of Medicine* and *Headache*.

He has co-authored nine books on headache for patients, physicians, and nurses with Drs. Fred Sheftell and Stewart Tepper.

Dr. Rapoport has started a company with Dr. Rob Cowan, a Professor of Neurology at Stanford University, which specializes in evaluating medical histories on line to save time and money in the health care field and bring many more patients in contact with medical experts. This non-profit company, named Pro My Health, Inc, will launch in January 2013. It is currently on the web as a beta site at www.promyhealth.org.

Dr. Rapoport has served on the Board of Directors of the American Headache Society (AHS) and is the immediate past President of the Fairfield County Neurological Society, the Founding President of the Headache Cooperative of New England (HCNE), the Founding Director of the Headache Cooperative of the Pacific (HCOP) and until June 2011 was the Chairman of the Education and Membership Committee of the International Headache Society (IHS). He is currently a member of the Board of Trustees of the International Headache Society and in June 2011 was elected to the position of President-Elect of the IHS.