Nutritional behaviour and one-point-(laser) acupuncture in the treatment of children with chronic headache

Maite Hartwig
Pediatric Pain Center, Germany

Introduction: The increasing number of pupils suffering from headache as well as the limited longterm power of drugs forced us to think about non-pharmacological solutions. We wanted to find possible answers for children suffering from headaches specially in combination with high muscle tension and/or allergic comorbidity. Knowing that children with migraine react on special food and additives, we started to look for a oligoantigenic diet.

Procedure-A: History of the family situation, life events, the child's troubles and strains, school-situation and nutritional habits were examined. After a run-in phase of 4 weeks, headache documentation of the children was done and randomized into two groups (RCT): One with an oral one-hour counselling, the other only handled over a brochure with the necessary dietary informations. A diet was provided avoiding artificial additives, coffein, milk and fast food for 12 weeks.

Results-A: 117 school children suffering from migraine or tension-type headache were recruited. 58% of the pupils reduced their headache significantly. Results for migraine were even better. There was no significant difference between the two treatment groups.

Procedure-B: Pupils with tension-type headache have been examined concerning their upper cervical function (C1/2). Approximately 95% of them showed a unilateral reduced rotation of at least 10º. A 1-point scalp Laser-acupuncture at the frontal B-zone according to Yamamoto was performed with approximatly 2 Joule. Directly afterwards and one month later cervical function was controlled.

Results-B: Nearly all patients showed an improvement of their cervical function directly after the 1-point-acupuncture intervention. About one third of endurance during the following month till the next date including significant improvement of headache parameters could be documented.

Conclusion: Dietary regimes in chronic pediatric headaches and migräne seems to be a valid regime specially in children with a comorbidity of allergies. 1-Point-Laser-acupuncture seems to be as effective as ostheopathic interventions. This method could be well integrated in a multimodal program.

Biography
Maite Hartwig, MD has completed her study in medicine at the "Free University of Berlin" 2003. She did her internship at the children`s Hospital of Greifswald. Since 2007 she has been working at the Dept. for Paediatric Haematology/Oncology at the University Hospital Hamburg. Four years ago she started working at the Paediatric Pain Center Hamburg, where children of all ages with variety of chronic pain are treated and is working there till now.

Notes: