



2024 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

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TOPIC

New Daily Persistent Headache: Pain That
Won't Stop

KEY TAKEAWAYS

- New daily persistent headache (NDPH) is a primary headache disorder characterized by a headache that starts suddenly — often with the patient able to pinpoint the exact moment it started, and it persists without relief.
- The definition of NDPH has evolved over time. It is now recognized that many patients with this condition have features consistent with migraine.
- NDPH is different from chronic tension-type headache, which tends to be a continuous, less severe headache without migraine features.
- The exact cause of NDPH is unknown, but it may be triggered by factors such as head trauma, viral infections, or psychological factors like anxiety and depression.
- Most research to date has specifically excluded NDPH and continuous chronic migraine.
- More research is needed on headache disorders so we can understand the overlapping components and the differences between the various chronic headache disorders.
- The value of healthy lifestyle habits and prioritizing mental health cannot be underestimated in hard-to-treat headache disorders like NDPH and chronic migraine.
- Treatment response can vary among individuals, and it may take time to find the most effective approach for managing NDPH.
- Success stories of patients recovering from NDPH demonstrate the potential for improvement with a comprehensive treatment approach and patient motivation.

TREATMENTS CITED

Anticonvulsants	Pain modulation devices
CGRP monoclonal antibodies (mAbs)	Regular sleep
Exercise	TENS devices
Healthy eating	Tricyclic antidepressants
Hydration	Vagus (vagal) nerve stimulation
Neuromodulation	

QUOTES

"As physicians, we should never be upset or apologetic about getting a second opinion or referring somebody. They may have new ideas."

"Having coping mechanisms to reduce anxiety and depression is important."

"The earlier interventions that can be entertained, the quicker you'll get better."

"Having a routine bedtime and wake-up time is important. Many people, especially a lot of adults but also adolescents, are sleep deprived."

PRACTICAL STEPS

- It is important to seek early treatment for NDPH to improve outcomes, increase the rate of improvement, and reduce the risk of the condition becoming chronic.
- Practice healthy lifestyle habits, such as adequate hydration, regular exercise, healthy eating, and getting enough sleep. These habits help take care of your body and brain and may help with pain disorders and mental health.
- While it can be challenging to exercise when experiencing pain, staying active and gradually working up to an exercise routine can be beneficial for managing headache disorders.
- It's important to have a plan in place for when headaches become severe. This can include medication, neuromodulation devices, and relaxation techniques.
- Get a second opinion or referral if you feel you've tried everything or are not getting better.
- If most options have been exhausted and the headache is still not improving, volunteering for a research study may be worth considering.
- Work with your healthcare professional to try out the vast array of treatment options and their combinations including medication, CBT, and devices.