



# 2024 INTERVIEW SUMMARY SHEET

**SPEAKER**

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**TOPIC**

## Beginner's Guide to Headache Types

**TITLE & ORGANIZATION**

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### KEY TAKEAWAYS

- Migraine is a primary headache disorder characterized by various neurological symptoms, including headache, nausea, sensitivity to light and sound, and more.
- Tension-type headache is another common primary headache disorder that is typically less severe than migraine. Unlike migraine attacks, tension-type headaches typically do not cause significant functional impairment and are not worsened by physical exertion.
- Other primary headache disorders include new daily persistent headache (NDPH), cluster headache, thunderclap headache, and headache associated with sexual activity.
- Primary headache disorders are not symptoms of an underlying condition, while secondary headache disorders are.
- New daily persistent headache is different from status migrainosus in that it typically has a sudden onset that is continuous without going away. People with NDPH usually do not have a history of headache disorders and can pinpoint the exact day or event where their headache started. In contrast, status migrainosus is characterized by a migraine attack lasting longer than 72 hours.
- Treatment for primary headache focuses on managing symptoms and underlying dysfunction, while secondary headache often focuses on addressing the underlying cause.
- While primary care providers can recognize and treat some primary headache disorders, headache specialists are trained specifically in the diagnosis and management of various headache disorders. If the diagnosis is unclear or if first-line treatments are not effective, a referral to a headache specialist may be necessary.

### TREATMENTS CITED

Neuromodulation devices

### QUOTES

*"You know your body best."*

*"The brain likes routine; it likes to keep things steady. So while having a migraine attack is not directly due to the fact that ... you didn't sleep well that night, it does contribute to increasing the risk of it developing an attack."*

*"With things like new daily persistent headache, primary thunderclap headache, primary cough headache, and headache associated with sexual activity, because they are so similar to these more life-threatening secondary disorders [such as brain bleeds and aneurysms], it is important that we do evaluate for that first before we start treatment."*

### PRACTICAL STEPS

- Proper diagnosis is crucial for effective treatment of headache disorders.
- If you are not getting the desired results from your current treatment plan, consider consulting a headache specialist. They may be able to provide more individualized and effective treatment options.
- Patients should advocate for themselves and seek emergency help if they feel that something is different or not right with their headaches to rule out life-threatening situations.
- Be aware of red flags that may indicate a secondary headache disorder, such as systemic symptoms, new-onset headaches, headaches in older age, and pattern changes. If you experience any of these red flags, seek immediate medical attention to rule out any serious underlying conditions.
- Remember that managing headache disorders is a journey, and there is often a trial-and-error process in finding the right treatment for you.
- It's essential to have a partnership with your healthcare provider and communicate how you're responding to treatment to guide the next steps in your care.