

## **ARTFUL CRITERIA IN THE TREATMENT OF CHRONIC REFRACTORY HEADACHE**

Carlos Alberto Yelin MD PHD

Academic Director Postgraduate Department

Medical School Rosario University

**BACKGROUND:** Chronic refractory headache is a challenge for the internist and the specialists in the subject. We propose an artful therapeutic procedure.

**MATERIAL:** Using an ACCEL 2001 database with consultations of 12,850 patients between 1970 and 2003; 50 cases of CRH were selected between January 1998 and December 2003, and were analyzed using SSPS 1.0 software.

**METHOD:** In each case, the clinical profile of the patient was analyzed in its particularities, with the intention of obtaining an appropriate therapeutic benefit, avoiding adverse reaction and searching for a better preventive response.

**DISCUSSION:** As an example, we replaced diuretic and other drugs for hypertension for B/B, topiramate was used in obese patients, flunarizine in the elderly and non-obese patients, amitriptyline for sleep disorders, fluoxetine in young adults, calcium antagonist in diabetics, pizotifen in adolescents, and valproic acid or gabapentin indiscriminately. We investigated the use of ergotamine and analgesics as the cause of rebound headache. Among 50 cases, in 14 hypertensive patients with atenolol monotherapy; we replaced one drug for B/B when used combined. Eight elderly patients received flunarizine, 7 obese young patients received topiramate, 7 with sleep disorders and anxiety received amitriptyline; 4 young adults received fluoxetine, 3 adolescents received pizotifen; 2 diabetics received verapamil, 3 received valproic acid, and 2 received gabapentin.

**RESULTS:** The reduction in intensity and frequency of the headache was evaluated in the prevention stage; in the crisis, the extension. Outcome: Very Good 27%, Good 31%, Poor 25%, Negative 17%.

**CONCLUSION:** The artful criteria had a clear advantage versus therapeutic intents with a definite drug. If we compare with "Volcy-Gomez Chronic diary headache Rev Neur nov2005", "Headache nov-dic 2001", or other papers, there is a significant difference.

**Key Words:** Chronic Refractory Headache