

Beyond Wrinkles: Botox and the Management Of Migraine Headaches

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- Recognize the constellation of migraine symptoms that aid in identifying the migraine trigger site and trigger point release
- Review types of migraine headaches and the nerve compression associated with them
- Describe the use of Botox injections as a treatment modality for migraine headaches
- Discuss the selection process of choosing Episodic Migraine candidates

Dr Bahman Guyuron's Experience

- Late 1980's
- Craniofacial Patients
- Pediatric Ophthalmologist

Other Indications

- Strabismus
- Blepharospasm
- Hyperhidrosis
- Muscle Hypertrophy

Discovery of Surgical Treatment of MH

- Cleveland: 17 studies (7 anatomical and 10 clinical)
- Texas, Kansas, Washington DC, Austria

Migraine Headaches

- Episodic, severe
- Incapacitating
- Commonly unilateral
- With or without aura
- Associated with nausea, vomiting, photophobia

HIS Criteria

- A- 5 attacks of headaches
- B-lasting 4-72 hours

- C- Two of the following:
 - Unilaterall
 - Pulsating
 - Moderate to severe
 - Aggravated by activity
- D- One of the following:
 - Nausea/vomiting
 - Photophobia/phonophobia

Theories

- Widely accepted
 - Central
 - Vascular origin
 - Based on PET scan
- Current theory
 - Neuronal hyperexcitability during the interictal phase
 - Cortical spreading depression as the basis of aura
 - Trigeminal nerve activation at a peripheral and central origin that accounts for the headache
 - Progressive central sensitization possible related to periaqueductal gray matter damage

Common Grounds between Botox and Surgery

- Glabellar muscles compressing the supratrochlear and supraorbital nerves
- Why does Botox injection fail?
- Why do plastic surgeons have a high success rate with Botox
- Knowledge of anatomy and proper pre-injection screening

4 Common Trigger Sites

- Frontal
- Temporal
- Occipital
- Rhinogenic

Choosing Episodic Migraine Candidates

Intractible headaches

- Disability despite modification of triggers and lifestyle
- Preventative medication failure

- Abortive medication failure

Pre Injection

- History and physical to include neurologic exam
- Imaging for headaches with
 - -change in character
 - -abnormal neurologic exam
 - -unresponsive to first line therapy
- Past medical history
- Lab evaluation for possible secondary causes of headache

Botox Injection

- Choosing the right site limits the amount and cost of Botulinum Toxin needed
- Inject the most common trigger site first
- One month diary
- Injection maximum- 3 injections within 3 months

Complications of Botox

- Rare eyelid ptosis
- Hourglass deformity
- Early fatigue during neck extension
- diplopia