



BACK TO SCHOOL IS A REAL HEADACHE FOR MANY CHILDREN

Experts see a spike in headaches in the fall - when is a trip to the doctor necessary?

Nationwide Children's Hospital

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SUGGESTED TEASE	IF YOUR CHILD COMPLAINS THAT GOING BACK TO SCHOOL IS A REAL PAIN, YOU MAY WANT TO LISTEN TO THEM. THE LINK BETWEEN THE START OF SCHOOL AND A RISE IN SERIOUS HEADACHES, NEXT IN HEALTH NEWS.
ANCHOR LEAD	A LOT OF KIDS COMPLAIN THIS TIME OF YEAR THAT GOING BACK TO SCHOOL IS A REAL HEADACHE - AND FOR HUNDREDS OF THOUSANDS OF CHILDREN, THAT'S NOT JUST AN EXPRESSION. ² A NEW STUDY IS OUT THAT CHARTS THE WORST TIME OF YEAR FOR HEADACHES IN CHILDREN, ¹ AND THE RESULTS MIGHT SURPRISE YOU. CLARK POWELL HAS DETAILS.
	(Nats - Unzipping backpack to get books) :02
CG: Courtesy: Nationwide Children's Hospital Adria doing homework Shots of Adria taking notes	GETTING BACK INTO THE ROUTINE OF GOING TO SCHOOL CAN BE A PAINFUL PROCESS FOR ADRIA HOUGHTBY (<i>pronounced: HOTE-bee</i>). SHE'S USED TO DEALING WITH REGULAR HEADACHES, BUT THE START OF SCHOOL LAST FALL TRIGGERED A MIGRAINE SO BAD SHE MISSED 10 STRAIGHT DAYS. :12
CG: Adria Houghtby Suffers from headaches	"I had a lot of catch up homework to do and a lot of tests to make up and that just added to the stress." :08
CG: Mary Houghtby Adria's mother	"We do feel that school does kind of trigger them more often than typically, until she kind of gets back into a routine." :09
Shot of Adria doing homework	AND A NEW STUDY SHOWS ADRIA IS NOT ALONE. :02
CG: Ann Pakalnis, MD Nationwide Children's Hospital	"Stress is really a significant player with children and teen's headaches. Parents report that all the time, we see that all the time, and school is the biggest stressor." :09
Shots of Dr. Pakalnis at computer Exterior of hospital (Graphic): Emergency Department Visits for Headaches Graphic - winter, spring, summer avg 101.4	DOCTOR ANN PAKALNIS IS A NEUROLOGIST AT ONE OF THE LARGEST PEDIATRIC HOSPITALS IN THE NATION. SHE TRACKED CASES FOR THE LAST FIVE YEARS AT NATIONWIDE CHILDREN'S HOSPITAL, AND FOUND THAT EMERGENCY DEPARTMENT VISITS FOR HEADACHES STAYED ABOUT THE SAME MOST OF THE YEAR.

Fall up to 133.02	BUT JUMPED MORE THAN 31-PERCENT IN THE FALL. ¹ :1 5
Dr. Pakalnis (CG'd earlier)	“Headaches will generally, almost as a rule, will get worse at the start of the school year and you need / to take steps to make / that / less likely.” :09
Shots of boy going to bed	AND EXPERTS SAY IT ALL STARTS WITH BEDTIME AND BREAKFAST ROUTINES. :03
CG: Howard Jacobs, MD Nationwide Children’s Hospital	“They don’t get their sleep and then they’re in a rush to go eat breakfast and they don’t get their nutrition. Those are all things that can play into causing headaches.” :09
(Graphic) - shot of Grant in class -Get 10 hours of sleep -Eat breakfast -Stay hydrated, but avoid caffeine & sports drinks Shot of Adria taking medicine	THEIR ADVICE? MAKE SURE KIDS GET 10 HOURS OF SLEEP, EAT BREAKFAST, AND STAY HYDRATED - BUT AVOID CAFFEINE AND SPORTS DRINKS. AND IF HEADACHES INTERFERE WITH LIFE MORE THAN ONCE A WEEK, SEE A DOCTOR. :11
Dr. Jacobs (CGd earlier)	“If they can’t go to school or they’re saying, ‘I don’t want to go out and play, my head hurts too much.’ That’s a sign that this is more than they’re making it up. There’s something significant happening. :11
Shots of Adria finishing up taking medicine	AT NATIONWIDE CHILDREN’S HOSPITAL, THIS IS CLARK POWELL REPORTING. :03
ANCHOR TAG	DOCTORS SAY YOU SHOULD ALSO LIMIT SCREEN TIME AND EXTRA CURRICULAR ACTIVITIES FOR YOUR CHILD TO CUT DOWN ON STRESS. HEADACHES ARE MORE COMMON IN YOUNGER BOYS BUT THAT CHANGES DURING PUBERTY, WHEN GIRLS TEND TO GET THEM MORE OFTEN. THE RISE IN THE NUMBER OF HEADACHE CASES DURING THE FALL AT NATIONWIDE CHILDREN’S HOSPITAL MIRRORS THE NUMBERS FOUND IN A SIMILAR NATIONAL STUDY THAT COVERED A 14 YEAR PERIOD. ²
 Share it! Suggested tweet:	Doctors @NationwideKids say you shouldn’t be too quick to dismiss your child’s back-to-school headaches. bit.ly/1OR5FR0
 Suggested post:	If your child seems to complain about headaches more often at the start of the school year, they’re not alone. A new study at Nationwide Children’s Hospital , one of the largest pediatric hospitals in the nation, shows that emergency department visits for serious headaches stay about the same year round, but jump by more than 30 percent in the fall. See what causes headaches in kids and how to prevent them here: bit.ly/1OR5FR0
References -	¹ <i>Seasonal Variation in Emergency Department Visits in Pediatric Headache Patients</i> , Ann Pakalnis, MD and Geoffrey Heyer, MD Division of Pediatric Neurology, Nationwide Children’s Hospital,

	<p>Department of Neurology, The Ohio State University Wexner Medical Center, 2015.</p> <p>²Monthly variation of United States pediatric headache emergency department visits, Cephalalgia, Vol. 34 No. 6, May 2014. Online: http://cep.sagepub.com/content/34/6/473.short</p>
	<p>Extra Bites</p>
<p>CG: Ann Pakalnis, MD Nationwide Children’s Hospital</p>	<p><i>Dr. Pakalnis talks about the findings of her research -</i> “There were more emergency department visits, statistically significant in the fall season as opposed to any of the other seasons during the year.” :08</p> <p><i>Dr. Pakalnis talks about headache triggers in school-aged children -</i> “We think the stress of adjusting to a new schedule and new routine really plays a significant role. And then of course homework and they’re not getting enough sleep and those factors.” :13</p> <p><i>Dr. Pakalnis talks about ways to spot and avoid regular headaches -</i> “Keep a diary of the headaches, keep track of them, if they do have migraine or tension headaches or do notice those starting, you know to have the child get in and get a diagnosis made because there’s many new medications that are available that have been FDA approved for treatment of migraine, even within this past year.” :19</p>
<p>CG: Howard Jacobs, MD Nationwide Children’s Hospital</p>	<p><i>Dr. Jacobs talks about the increase in patients during the fall -</i> “Stress is a major cause of migraines in kids and tension headaches. So, fall is usually busy time for us, as the kids start getting back into school.” :09</p> <p><i>Dr. Jacobs talks about how migraines impact boys and girls -</i> “Migraines tend to be a little more frequent in boys up to about 12 or 13 but as puberty hits, girls seem to have a lot more migraines, and it’s related to the change in hormones.” :11</p> <p><i>Dr. Jacobs talks about the risk of over-medicating headaches -</i> “People with headaches can be sensitive to pain medicines, in that, if they take them too often they start to make their headaches worse. And it’s a trap you fall into.” :09</p>
<p>CG: Mary Houghtby Adria’s mom</p>	<p><i>Mary talks about her daughter’s migraines -</i> “School is more stressful, maybe brings them on more than any other time of the year. Like for instance, last year she missed 10 days in a row from school.” :11</p>
<p>CG: Mary Houghtby Adria’s mom</p>	<p><i>Mary talks about her daughter’s regular headaches during fall -</i> “Typically, when school starts, it seems like every Monday morning, a ritual, she has a migraine.” :07</p>

<p>CG: Adria Houghtby Suffers from headaches</p>	<p><i>Adria talks about missing school due to migraines - “Almost as soon as school started I missed 10 days of school because of one migraine.” :07</i></p> <p><i>Adria talks about how migraines make her feel - “It’s exhausting and you just want to lay down and not be bothered by anyone.” :08</i></p>
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