

Luisa is a 40 yo F with history of Depression and Anxiety, who presents to your clinic for the first time, complaining of chronic headaches she has had since her 20s. For the past year, these headaches of moderate to severe intensity, have increased in frequency, occurring at least 1-2 times a week and lasting 8 hours – 2 days. She usually starts to feel tension in her shoulders which then moves to her temporal area. She reports Tylenol and Ibuprofen don't help at all. She has been prescribed Excedrin in the past and reports the maximum dose of Excedrin only provides minimal relief. She has also tried Sumatriptan, which dulls the headache, but about 12 hours later she has to take a second dose. She is wondering if there are any other treatment options available.

1. What other questions would be important to ask in order to collect a good history?
 2. What would you focus on during your physical exam when evaluating a patient with headaches?
 3. What red flags should you watch out for?
 4. What are the two main categories of headaches? How do you differentiate between them?
 5. Would you consider ordering any labs or radiologic studies?
 6. What type of treatment would you consider in this particular patient?
 7. In general, what treatments are available for primary headaches?
 8. When would you consider a neurology referral?
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