

New appendix criteria open for a broader concept of chronic migraine

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Appendix 1.5.1 *Chronic migraine*

A. Headache (tension-type and/or migraine) on ≥ 15 days per month for at least 3 months*

B. Occurring in a patient who has had at least five attacks fulfilling criteria for 1.1 *Migraine without aura*

C. On ≥ 8 days per month for at least 3 months headache has fulfilled C1 and/or C2 below, that is, has fulfilled criteria for pain and associated symptoms of migraine without aura

1. Has at least two of a–d

(a) unilateral location

(b) pulsating quality

(c) moderate or severe pain intensity

(d) aggravation by or causing avoidance of routine physical activity (e.g. walking or climbing stairs)

and at least one of a or b

(a) nausea and/or vomiting

(b) photophobia and phonophobia

2. Treated and relieved by triptan(s) or ergot before the expected development of C1 above

D. No medication overuse†and not attributed to another causative disorder‡

*Characterization of frequently recurring headache generally requires a headache diary to record information on pain and associated symptoms day-by-day for at least 1 month. Sample diaries are available at <http://www.i-h-s.org>

† Medication overuse as defined under 8.2 *Medication-overuse headache*.

‡ History and physical and neurological examinations do not suggest any of the disorders listed in groups 5–12, or history and/or physical and/or neurological examinations do suggest such a disorder but it is ruled out by appropriate investigations, or such disorder is present but headache does not develop in close temporal relation to the disorder.

附錄 1.5.1 慢性偏頭痛 (Chronic migraine)

診斷基準

- A. 頭痛 (緊縮型及/或偏頭痛)每月 ≥ 15 天，至少已三個月 (註一)
- B. 病人過去至少有五次發作符合 1.1 無預兆偏頭痛診斷基準
- C. 至少三個月，每個月 ≥ 8 天頭痛符合以下 C1 及/或 C2，也就是符合無預兆偏頭痛的疼痛和關聯症狀的診斷基準
 - 1. 至少有下列(a 到 d)兩項
 - (a). 單側
 - (b). 搏動性
 - (c). 疼痛程度中或重度
 - (d). 日常活動會使頭痛加劇或避免此活動(如走路或爬樓梯)
 - 及至少有下列(a 和 b)一項
 - (a). 噁心及/或嘔吐
 - (b). 畏光及怕吵
 - 2. 使用翠普登或是麥角胺治療並解除預期會發生之上述 C1 症狀
- D. 無藥物過度使用(註二)及非歸因於其他疾患(註三)

註記：

- 1. 關於經常反覆發作頭痛的特性描述，通常需要至少一個月的頭痛日記，天天記

錄有關疼痛和相關症狀。日記的樣本可於國際頭痛學會的網站

(<http://www.i-h-s.org>) 取得。

2. 藥物過度使用的定義於 8.2 藥物過度使用頭痛
3. 病史、理學、及神經學檢查不符合第 5 至 12 群所列任一項疾患，或病史及/或理學及/或神經學檢查懷疑有這疾患之可能性，但經適當診察已經排除，或這疾患存在，但頭痛發生與該疾患並無時間點上之密切關聯。

Appendix 8.2 Medication overuse headache

Diagnostic criteria:

- A. Headache present on ≥ 15 days/month
- B. Regular overuse for > 3 months of one or more acute/symptomatic treatment drugs as defined under sub forms of 8.2.
 1. Ergotamine, triptans, opioids, or combination analgesic medications on ≥ 10 days/month on a regular basis for > 3 months
 2. Simple analgesics or any combination of ergotamine, triptans, analgesics opioids on ≥ 15 days/month on a regular basis for > 3 months without overuse of any single class alone
- C. Headache has developed or markedly worsened during medication overuse

附錄 8.2 藥物過度使用頭痛 (Medication overuse headache)

診斷基準

- A. 每月頭痛 ≥ 15 天
- B. 每月規則服用定義於8.2的亞式中，一或多種急性/症狀治療性藥物，已 > 3 月
 1. 每月規則服用麥角胺、翠普登、鴉片類或複合藥物 ≥ 10 天，已 > 3 月
 2. 每月規則服用單純止痛藥 ≥ 15 天或並無過度使用單一種類藥物，但是合計麥角胺、翠普登、止痛藥與鴉片類藥物使用天數 ≥ 15 天，已 > 3 月
- C. 藥物過度使用期間頭痛發生或明顯惡化