

**FOR IMMEDIATE RELEASE**

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**GOING BACK TO SCHOOL CAN BE A  
REAL “HEADACHE” FOR SOME CHILDREN**

*Roosevelt Hospital’s Nationally Renowned Headache Expert Lawrence Newman,  
M.D., Offers Tips to Parents of Children who are Migraine Sufferers*

New York, NY (August 18, 2010) With children heading back to school soon, most parents are already overwhelmed with endless preparation lists of books, supplies, clothes, and much more. However, for those parents whose children suffer from migraine, school preparation becomes important in a whole new way. As many as five percent of children in grade school have migraine headaches. By the time they enter high school, the number of adolescents with migraine increases to about 20 percent. Some youngsters have two to three migraine headaches a week. No doubt, migraine headaches make it unbearable for kids to properly function in school or sports.

As stressful as back to school can be, there are steps parents can take to help their child if she/he is a migraine sufferer. Lawrence Newman, M.D., Director of the Headache Institute at Roosevelt Hospital says, “Migraines in children can be a result of a number of things, from weather changes, to stress or a change in a child’s sleeping schedule. There are numerous ways to get your child on the right track, including healthy eating, regular activity and sufficient sleep.”

Dr. Newman also recommends the following tips for parents of children who have migraine:

- It is important that a parent have their child evaluated by a physician for a proper diagnosis.

- If the diagnosis is uncertain, or the treatment unhelpful, request a referral to a neurologist/headache specialist.
- Keep a diary as a way to track headache frequency and identify triggers.
- Keep regular sleep schedules, don't miss meals, keep well hydrated.
- Make the school nurse aware of the diagnosis and have nurse contact your child's doctor.
- Make sure medications are available at school- it's important that the headache is treated early.

If you would like to interview Dr. Newman and a patient, please contact Michelle Pipia-Stiles in the public affairs office at 212/523-4044, so that the necessary arrangements can be made. For more information about The Headache Institute at Roosevelt Hospital, go to, <http://www.wehealny.org/headache/index.html>.

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