

# Chronic daily headache

It is a relatively common complication of *primary headaches*, especially tension pain and migraines (in addition to migraine and tension pain, primary headaches are also cluster headaches and headaches during sexual and physical activity). At various times (1-10 years), between the onset of the classic primary headache, lower-intensity headaches begin to appear, which appear more and more frequently until they later become permanent. The disease loses its original paroxysmal character and classic features.

## Transformation risk factors

- overuse of analgesics (especially combined with codeine, the safe limit is considered to be the use of a maximum of 5 tablets per month)
- neurotic personality (tendency to anxiety, depression)
- external stressful conditions (job, family)
- menopause

## Diagnosis

- anamnesis
- normal neurological finding
- normal finding on ancillary examination methods

## Therapy

- omission of an overused drug
- treatment of comorbidities - especially depression, psychotherapy

## Links

<https://www.wikiskripta.eu/index.php?curid=2034>