

ICE PICK HEADACHES SOLVED

What it is?

Icepick headaches which are also known as primary stabbing headaches are sudden and very painful headaches which come on suddenly and last for a few seconds. This type of headache is usually a stabbing or jolting in nature and the patient may feel disabled during the occurrence of this headache. ***Icepick headache symptoms*** usually pain around the eye or temple and usually there is no other neurological symptom attached with it. The icepick headache usually subsides quickly and often reoccurs irregularly, sometimes up to 50 times a day.

Headache specialists are not yet sure what ***causes ice pick headaches***, but it has been noticed that such type of headaches are common in patients who already have other headache disorders/diseases such as Migraine and cluster headache.

Who gets these headaches?

Both male and female adults are prone to this type of headache. They are usually rare in children but are more prevalent in middle age. This type of headache is discovered to be more common in people that already have some other headache disorders like migraine or cluster headache.

Investigations

Icepick headache itself is a benign condition and needs no tests for further investigation. If someone never had a headache like this before, one should consult a doctor, as other serious conditions causing headache need to be excluded.

Treatment

The ice pick headaches themselves are too short for treatment to be useful. A tablet may be tried in order to prevent the attacks. The medicine that is most prescribed for the treatment of ice pick headaches is Indometacin. Painkillers are not helpful as the pains are so brief. In addition to Indometacin, some case reports also showed treatment efficacy with celecoxib, rofecoxib, nifedipine, melatonin, and gabapentin. The chemical structure of melatonin is very similar to that of Indometacin and is found to have antinociceptive and anti-inflammatory properties.