



Cell phone associated headache: Is it new variant of chronic daily headache.

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Abstract:

Objectives

There are more than three billion cellphone uses across the globe across all socio economics standards of population. Health related issues related to mobile or cellphone are topic of active debate and under active evaluation. There is hardly any data on headache associated with cellphone use in medical literature.

Here we present atypical cases who reported chronic daily headache related only with cellphone use

Methods

This is case report of 4 patients from U.A.E.. We followed patients from OPD basis from 2016 to 2018 prospectively for six months or more. There MRI and other lab parameters were normal and no evidence of secondary headache etiology.

Results

In 2016 to 2018 patients out patients basis follow up we have noted avoidance of cellphone during migraine episode is new avoidance behaviour(60%)

Here we report four patients who had stereotypical pattern of headache related to use of cellphone only. They reported use of cellphone for at least six hours per day for more than 2 years on regular basis.

The reported headache pattern was more than fifteen days headache per month for more than six months, mostly dull aching in nature but disturbing the work and activities of daily living. There was no photophobia or phonophobia or nausea associated with headache. Dull aching headache satisfies IHS chronic daily criteria. Two reported starting associated with stress and two denied any form of stress. There was no significant relief with



routine treatment and counselling. Two patients changed job which involves less or no use of mobile phone

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Biography:

Winston Vo, currently living in Nashville, Tennessee- a healthcare hub, also known as Music City USA. I have an engineering degree in Chemical Engineering & Applied Mathematics from Vanderbilt U (Class '98, cum laude). I worked in the petroleum industry with Honeywell/Phillips (66) Petroleum Refinery in Northern Texas for 2 years. Since then (in 15 years), I have been working in a hospital pharmacy after a short year of studying in

the Doctor of Pharmacy Program at Duquesne U. With an expansive resume, no doubt I could make an impact in a project for promoting a new role of pharmacists counseling patients regarding their medications and being reimbursed for their efforts. In January 1st, 2006, the Medicare Prescription Part D Plan was enacted that made this new role a reality. Pharmacists in retail settings began to work with clinics (managed by a nurse practitioner).

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