1CHD-III (beta) Chapter 4
Other Primary Headache Disorders

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What is new for chapter 4: other primary headache

• Re-arrangement and rename of diagnostic entities

• 4 major groups

• Schema for definite criteria

• Schema for “probable”...headaches
ICHD-2 ➔ ICHD-3 (beta)

4.1 Primary stabbing headache
4.2 Primary cough headache
4.3 Primary exertional headache
4.4 Primary headache associated with sexual activity
4.5 Hypnic headache
4.6 Primary thunderclap headache
4.7 Hemicrania continua
4.8 New daily-persistent headache (NDPH)

3.4 Hemicrania continua
4.1 Primary cough headache
4.2 Primary exercise headache
4.3 Primary headache associated with sexual activity
4.4 Primary thunderclap headache
4.5 Cold-stimulus headache
4.6 External-pressure headache
4.7 Primary stabbing headache
4.8 Nummular Headache
4.9 Hypnic headache
4.10 New daily persistent headache (NDPH)

A13.7.1 Nummular headache

A4.11 Epicrania Fugax

13.10 External compression headache
13.11 Cold-stimulus headache
4 major groups

- **Physical exertion**
  - 4.1 Primary cough headache
  - 4.2 Primary exercise headache
  - 4.3 Primary headache associated with sexual activity
  - 4.4 Primary thunderclap headache

- **Direct physical stimuli**
  - 4.5 Cold-stimulus headache
  - 4.6 External-pressure headache

- **Epicranial headaches**
  - 4.7 Primary stabbing headache
  - 4.8 Nummular Headache
  - A4.11 Epicrania Fugax

- **Others**
  - 4.9 Hypnic headache
  - 4.10 New daily persistent headache (NDPH)
Format for **definite** criteria

- Diagnostic schema for “definite” criteria as chapters 1-3
  
  A. At least 2 episodes
  
  B. Brought on by and occurring only in association with..
  
  C. Headache pattern
  
  D. Not accounted for by another ICHD-III..

  (secondary headache should be excluded especially for “other primary headache”)
4.1 Primary cough headache

A. At least two headache episodes fulfilling criteria B-D
B. Brought on by and occurring only in association with coughing, straining and/or other Valsalva manoeuvre
C. Sudden onset
D. Lasting between 1 sec and 2 hours
E. Not better accounted for by another ICHD-III diagnosis.
Format of diagnostic criteria for “Probable” other primary headaches

A. Either of the following:
   1. a single headache episode fulfilling criteria B-D
   2. at least two headache episodes fulfilling criterion B and either of criteria C and D

B-D. Headache characteristics

E. Not fulfilling ICHD-III criteria for any other headache disorder

F. Not better accounted for by another ICHD-III diagnosis.
4.1.1 Probable primary cough headache

A. Either of the following:
   1. a single headache episode fulfilling criteria B-D
   2. at least two headache episodes fulfilling criterion B and either of criteria C and D

B. Brought on by and occurring only in association with coughing, straining and/or other Valsalva manoeuvre

C. Sudden onset

D. Lasting between 1 second and 2 hours

E. Not fulfilling ICHD-III criteria for any other headache disorder

F. Not better accounted for by another ICHD-III diagnosis.
Primary cough headache

**ICHD-2 code 4.2**

A. Headache fulfilling criteria B and C

B. Sudden onset, lasting from one second to 30 minutes

C. Brought on by and occurring only in association with coughing, straining and/or Valsalva manoeuvre

D. Not attributed to another disorder

**ICHD-3 (beta) code 4.1**

A. At least two headache episodes fulfilling criteria B-D

B. Brought on by and occurring only in association with coughing, straining and/or other Valsalva manoeuvre

C. Sudden onset

D. Lasting between 1 sec and 2 hours

E. Not better accounted for by another ICHD-III diagnosis.
Secondary causes of cough headaches

- Chiari malformation I
- SIH
- Cervical artery dissection
- Posterior fossa tumor
- Basilar impression
- Platybasia
- Subdural hematoma
- Cerebral aneurysms
4.2 Primary exercise headache

A. At least two headache episodes fulfilling criteria B and C

B. Brought on by and occurring only during or after strenuous physical exercise

C. Lasting < 48 hours

D. Not better accounted for by another ICHD-III diagnosis.
4.3 Primary headache associated with sexual activity

A. At least two episodes of pain in the head and/or neck fulfilling criteria B-D

B. Brought on by and occurring only during sexual activity

C. Either or both of the following:
   1. increasing in intensity with increasing sexual excitement
   2. abrupt explosive intensity just before or with orgasm

D. Lasting from 1 minute to 24 hours with severe intensity and/or up to 72 hours with mild intensity

E. Not better accounted for by another ICHD-III diagnosis.

Note: 1. No more subtypes: Preorgasmic - Orgasmic
   2. Vascular lesions esp. RCVS should be excluded first
4.4 Primary thunderclap headache

A. Severe head pain fulfilling criteria B and C

B. Abrupt onset, reaching maximum intensity in <1 minute

C. Lasting for at least 5 minutes
   — Does not recur regularly over subsequent weeks
   — or months

A. Not better accounted for by another ICHD-III diagnosis.
Thunderclap headache (multiple)

Neuroimaging/vascular imaging/CSF

(+)

Other secondary headaches

Vasoconstriction (+)

6.7.3 RCVS

Vasoconstriction (?)

6.7.3.1 Probable RCVS

Vasoconstriction (-)

unique trigger

4.1 cough 4.3 sexual activity

4.4 Primary TCH*

* a diagnosis of last resort no probable pTCH
4.5 Cold-stimulus headache

4.5.1 Headache attributed to external application of a cold stimulus

4.5.2 Headache attributed to ingestion or inhalation of a cold stimulus

4.5.3 Probable cold-stimulus headache
   4.5.3.1 Headache probably attributed to external application of a cold stimulus
   4.5.3.2 Headache probably attributed to ingestion or inhalation of a cold stimulus
4.6 External-pressure headache

4.6.1 External-compression headache

4.6.2 External-traction headache

4.6.3 Probable external-pressure headache
   4.6.3.1 Probable external-compression headache
   4.6.3.2 Probable external-traction headache
### 4.7 Primary stabbing headache

A. Head pain occurring spontaneously as a single stab or series of stabs and fulfilling criteria B–D

   **Exclusively or predominantly felt in V1**

B. Each stab lasts for up to a few seconds

C. Stabs recur with irregular frequency, from one to many per day

D. No cranial autonomic symptoms

E. Not better accounted for by another ICHD-III diagnosis.

* Ice-pick pains; jabs and jolts; needle-in-the-eye syndrome; ophthalmodynia periodica; sharp short-lived head pain.
4.8 Nummular headache

A. Continuous or intermittent mild to moderate head pain fulfilling criterion B

B. Felt exclusively in an area of the scalp, with all of the following four characteristics:
   1. sharply contoured
   2. fixed in size and shape
   3. round or elliptical
   4. 1–6 cm in diameter

C. Not better accounted for by another ICHD-III diagnosis.

* Coin-shaped headache
4.9 Hypnic headache

A. Recurrent dull headache attacks fulfilling criteria B-E
B. Developing only during sleep, and causing wakening
C. Occurring on $\geq 10$ days per month for $>3$ months
D. Lasting $\geq 15$ minutes and for up to 4 hours after waking
   — first occurs after age of 50 years
E. No cranial autonomic symptoms or restlessness
F. Not better accounted for by another ICHD-III diagnosis.

* Hypnic headache syndrome; ‘alarm clock’ headache.
New daily persistent headache

ICHD-2 code 4.8
A. Headache that, within 3 days of onset, fulfils criteria B-D
B. Headache is present daily, and is unremitting, for >3 months

C. At least two of the following pain characteristics:
   1. bilateral location
   2. pressing/tightening (non-pulsating) quality
   3. mild or moderate intensity
   4. not aggravated by routine physical activity such as walking or climbing

D. Both of the following:
   1. no more than one of photophobia, phonophobia or mild nausea
   2. neither moderate or severe nausea nor vomiting

E. Not attributed to another disorder

ICHD-3 (beta) code 4.10
• Persistent headache fulfilling criteria B and C
  • Distinct and clearly remembered onset, with pain becoming continuous and unremitting within 24 hours
  • Present for >3 months
  • Not better accounted for by another ICHD-III diagnosis..

Of note, this is the only headache that “onset should be remembered”
A4.11 Epicrania fugax

A. Recurrent stabbing head pain attacks lasting 1–10 seconds, fulfilling criterion B

B. The pain is felt to move across the surface of one hemicranium in a linear or zig-zag trajectory, commencing and terminating in the territories of different nerves

C. Not better accounted for by another ICHD-III diagnosis.
Publication numbers: increasing, but slow...

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<tr>
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<td><strong>4.1 Primary cough headache</strong></td>
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<td><strong>4.2 Primary exercise headache</strong></td>
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<td><strong>4.6 External-pressure headache</strong></td>
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<td><strong>4.7 Primary stabbing headache</strong></td>
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<td><strong>4.8 Nummular Headache</strong></td>
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<td><strong>4.9 Hypnic headache</strong></td>
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<td><strong>4.10 New daily persistent headache (NDPH)</strong></td>
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Working group of Chapter 4
Other primary headache disorders

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