

AGE-RELATED FEATURES OF TENSION HEADACHES IN CHILDREN AND ADOLESCENTS

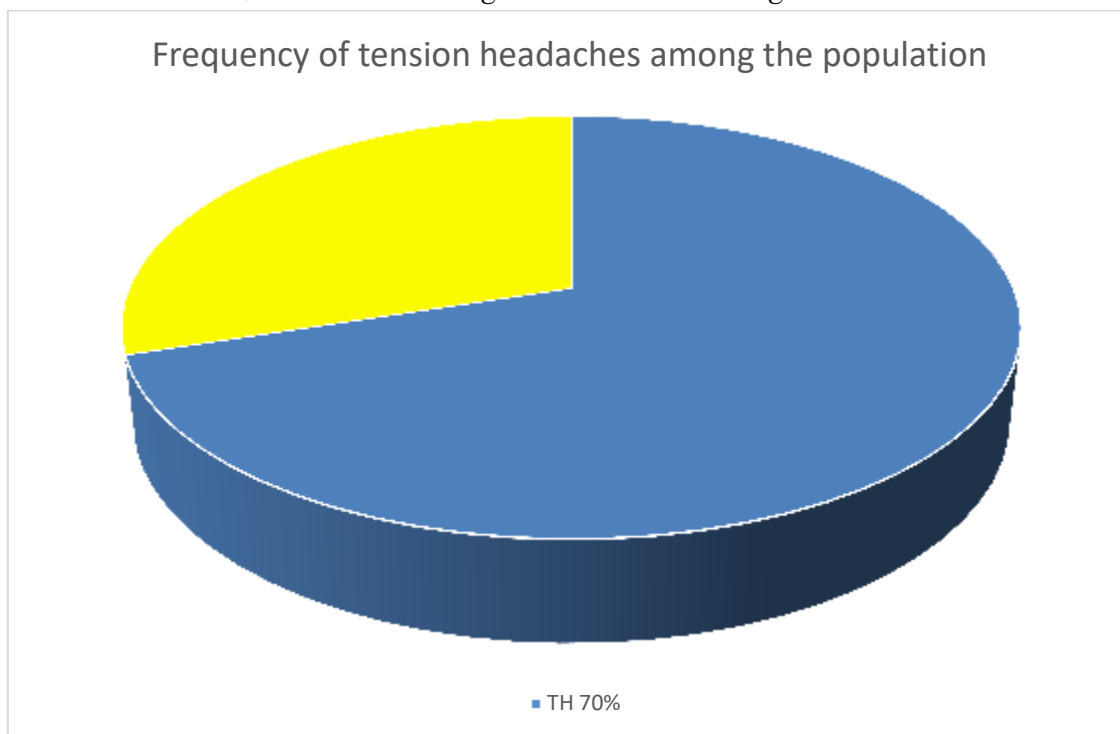
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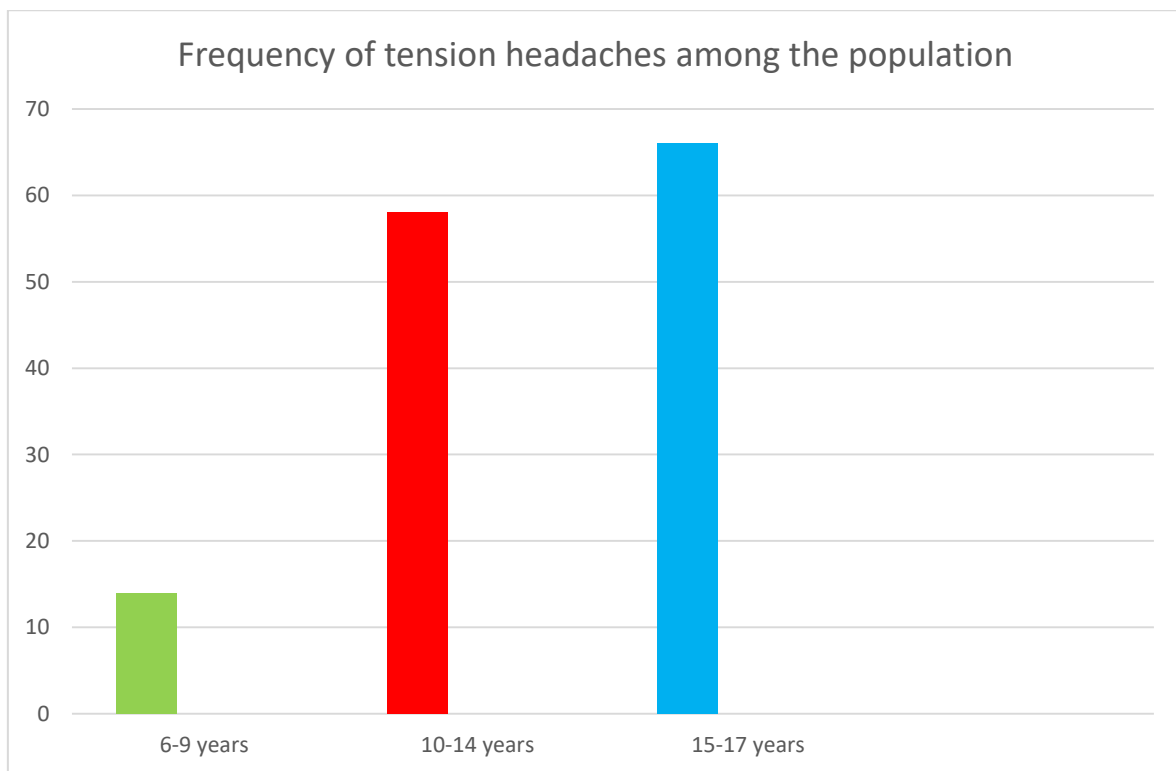
Annotation: Among cephalgias, tension headaches (TH) occupy the first place in frequency. An in-depth study of tension headaches provides us with the key to preventing serious psychological and neurological disorders that may occur in the future, as well as to developing early treatment measures.

Keywords: TH-tension headaches, neurological disorders, cognitive changes, macasiatic nervous system, headaches, analgesics,

The purpose of this study was to identify the leading etiological and provoking factors of the occurrence of TH in various periods of childhood, the peculiarities of its course and relaxation, as well as taking into account the age side.



Materials and methods: 138 patients with TH aged 6 to 17 years were examined. According to age, there are 3 groups: 1 (junior school) children 6-9 years old - 14 people; 2 (Middle school) children and teenagers 10-14 years old – 58 people; 3 (high school) teenagers 15-17 years old – 66 people.



Results and discussion: most authors associate the onset of TH in childhood mainly with psychoemotional stress, educational activities and illnesses. In our study, children and adolescents with TH most often encountered the above factor, which caused its appearance -42.0% – in the context of groups: 48,9%; 40,5%; 41,75%). Among these reasons, the sleeve is important for the school workload– 18,3% (21,28%; 19,46%; 16,5%). There were no statistically significant differences between the age groups in terms of factors contributing to the occurrence of TH. Over time, the reason may simply be forgotten, but most likely, against the background of system loads, overstrain occurs first, and then a violation of adaptation. Thus, daily regular social activity is a factor influencing the mechanism of TH formation more than stress. An important role in this is played by the individual significance of the factor for the patient. Identifying the subject of a child's internal negative experiences is always fraught with great difficulties. Children do not always cope with what bothers them on their own. The suppression of emotions and the inability to realize them increase psycho-emotional tension and lead to a violation of the adaptive mechanisms of the central nervous system, including the limbic-reticular complex and the autonomic nervous system. The analysis is carried out for the reasons that caused the occurrence of TH episodes.

The main ones are highlighted: weather changes, emotional experiences, physical exertion, mental (educational) stress, unknown causes, etc. Known reasons include school and academic workload, in which sleeves are the most common - 46 of the respondents (33.6%), and their importance decreases as the child grows (38.3%; 38.38%; 28.16%, accordingly). This is probably due to the longer course of the disease, when the chronic process is supported by its own independent mechanisms. In addition, at high school age, the academic load takes up most of the day and gradually ceases to be

recognized as an irritating factor. Statistically significant differences between patients of different age groups during the study, it was found that pain relief through rest occurred among a large number of patients: 83(60.5%): 72.34%; 58.38%; 60.68%, accordingly.

A rest sleeve was the optimal way to alleviate TH in younger children. Teenagers of the middle and older groups were more likely to use stimulants(10,64%; 21,08%; 20,39%). These data once again indicate that there is no clear organic basis for the disease, but there is a violation of adaptive mechanisms, an imbalance of processes in the central nervous system. The examined patients in most cases did not notice changes in the intensity of headache during the day: (87.2%; 70.3%; 74.8%. accordingly). There are statistically significant differences in this characteristic. An additional parameter that does not eat deserves attention is an improvement in posture during vacation. Thus, 77 of the studied (55.7%) showed an improvement in well-being during the holidays and in the summer (38,30%; 62,16%; 53,88%). A higher frequency of registered improvement in well-being in the sleeve was observed in the middle age group, while children of the 1st group and adolescents of the 3rd group continue their studies during the holidays, which leads to the preservation of workload and corresponding headache.

Conclusion: Children and adolescents with TH often find it difficult to pinpoint the cause of the disease. The most important factor in the occurrence of TH, as well as the provocation of headache attacks, is the school workload. Weather changes are important for the older group when health deteriorates, while other causes are important for group 1 patients. Spontaneous pain relief on the background of rest is typical for young children, adolescents of middle and older groups are more likely to use pain relievers.

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