

## Children's Health Minute

Air Dates: October 2006

### "Headaches"

**Dr. Hellerstedt:** Adults aren't the only ones who get headaches. Kids do too. But when should you be concerned?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute – connecting families with Children's Medicaid and CHIP

Write down how often your child gets the headache, and think about what might trigger them.

Ear and sinus infections, tension, a bump on the head, too much sun and certain medications can all cause headaches. But if your child complains of recurring headaches over a short period of time, with no apparent cause, call the doctor. Details about the headache will help your doctor find the cause. Other symptoms to watch out for are:

- decreased alertness
- marked change in activity
- sudden vision problems
- tingling sensations
- weakness
- fever, or a child who awakens with a headache.

**Announcer:** Health insurance is key to keeping your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.