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Treatment of migraine in children without drugs

The 6th Congress of The International Headache Society held in Austria in 2004 focused on Migraine in Children and Adolescents. At this congress Dr Elliot Shevel, South Africa's migraine research pioneer, presented a study on successfully treating migraine in children without the use of medication.

Dr Elliot Shevel explains "children with migraine respond to treatment without the use of medication even better than adults do. The reason for this is that the structures that are affected by migraine haven't been placed under repetitive stress like those of adults who have suffered for many years. Non-pharmacological treatment involving medical appliances and minor procedures for children have become the preferred approach because of their enormous advantages. Among these are the minimal occurrences of adverse side effects measured against the incredibly harmful side effects of drugs on a young child's developing body." Children can then lead normal lives without having to take medication on an on-going basis.

These are the first viable, tested and published alternatives to taking daily medication. The sooner a child is treated the more the damage is minimized.

For further information please contact [Mary-lee Cantor on +27 11 484 0933](#)

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