

## **New daily headache is a secondary headache**

**R. Cowan,**

*Neurology and Neurosciences, Stanford University School of Medicine, USA*

According to the International Classification of Headache Disorders (ICHD), New Daily Persistent Headache (NDPH) is classified as a primary headache with sudden onset followed by unremitting headache, not better explained by another headache type. Like all primary headaches described in the ICHD, the diagnostic criteria offered are based entirely on consensus. However, in the case of NDPH (and one might argue other headaches as well), it is far more likely that NDPH is not a discrete entity but rather a vague description of the phenomenology resulting from a potentially large number of etiologies. The body of evidence suggesting various circumstances which appear to lead to a headache meeting the ICHD criteria for NDPH is growing. Moreover, no compelling pathophysiologic argument have been suggest for the spontaneous transformation from headache-free to constant, unremitting headache, nor have unique characteristics of this headache beyond onset been suggested. Rather, it has been suggested that NDPH has sub-types that resemble Chronic Migraine (CM) and/or Chronic Tension-type Headache (CTTH). Similarly, it has been suggested that treatment can be based on these similarities to "recognized" chronic headaches other than NDPH. Most clinicians will agree that this strategy is neither effective nor logical if one posits NDPH is a unique primary headache. By contrast, multiple sources have described both case studies and series in which the sudden onset of a persistent headache follows a precipitating event, ranging from infection to emotional trauma. It is far more likely that NDPH represents a final common pathway of pain perception following significant trauma from a variety of sources