

Case presentation APM Migraines

14 year old male –

History of migraines with headache and aura and occasional vomiting.

Initial episode Nov 23

No further episodes until May 2024 then one again 5 days after heart surgery – (closure of ventricular septal defect , aortic stenosis repair and replacement of pacemaker)

He continued to have migraines, some with aura, between 3 and 7 times a month until June 2025 when the incidence increased to 17 migraines that month.

They most commonly start early morning and wipe him out until 3 or 4 pm when he can be back to his normal self.

Cardiac History

Heart murmur detected at birth, Panting

3 months old

blue around mouth XR showed hypertrophic L heart, coarctation of aorta >>

Surgery 1 end to end repair of aorta

7 months Shone's syndrome diagnosed

Bicuspid aortic valve

Subaortic stenosis

Supravalvar aortic stenosis

Coarctation of aorta

Aortic arch hyperplasia

Mild mitral stenosis

3 yrs old

Supra and sub aortic stenosis

Aortic arch hypoplasia

Surgery 2 Open heart surgery GOSH

7 yrs old

Supra and subaortic stenosis returned.

Surgery 3 Open heart GOSH- >> iatrogenic AV block
Iatrogenic VSD

Surgery 4 Open heart GOSH - Pacemaker inserted.

12 yrs 10 months

Infective endocarditis >> 7/52 iv flucloxacillin in hospital

13 yrs 8 months

Surgery 5

Closure of VSD, replace pacemaker (50bpm),
sinotubular junction of aorta - enlargement.

5 DAYS LATER FIRST MIGRAINE.

FAMILY HISTORY

Father suffered adolescent migraines

Medication history

Aug 2024 Pizotifen 0.5 mg/day to try and reduce frequency
of migraines

Jan 25 increased dose to 1 mg/day

April 25 increased to max dose 1.5 mg/day

1st May 25 started weaning off pizotifen until off completely by 22/5/25

13/05/25 Amlodipine started 2.5mg

11/6 increased to 5 mg

BP not reducing so GOSH increasing amlodipine to 10mg/day (not yet taken increased dose)

Mum queried rebound headaches with frequent dose ibuprofen so now only taking paracetamol

Using other pain relief such as cold packs – some help

Referral to neurologist GOSH

Also has astigmatism – glasses prescribed but rarely worn.