

Obesity and Migraine

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child weight using BMI percentiles should be undertaken at the initial visit and used in the conceptualization of the presenting problem. For children who are overweight or at risk for overweight at the beginning of treatment, educational intervention may be necessary to improve weight control and subsequent headache treatment outcomes. For some children, referrals for behavioral weight management services may be necessary to facilitate appropriate lifestyle changes (increasing exercise, improving adherence to dietary guidelines) for effective weight control and optimal headache management.

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