

Headache and Facial Pain

Edited by Franco Mongini, MD

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Close relationships among various facial and headache pain problems require intellectual and clinical understanding of both. *Headache and Facial Pain*, edited by Franco Mongini, MD, is an ambitious effort to elucidate these relationships. There are 24 chapters of beautiful graphics supporting a review of scientific and clinical information, case reports, and exhaustive references regarding a broad array of pertinent topics.

Professor Mongini is to be commended for his dissection of the taxonomies of the International Headache Society and the International Association for the Study of Pain in the first chapter. The reader will benefit from this comprehensive review. Nonetheless, this first chapter, "Taxonomy of Headache and Facial Pain," barely begins before the reader is introduced to a pattern that pervades the entire work. That is, while information regarding headache is based on sound contemporary science, there is heavy reliance on opinion in regard to facial pain conditions. The author gives the impression that most facial pain conditions are "psychogenic." This is highlighted on page 133 by a novel diagnostic entity entitled "facial pain disorder (somatoform disorder)." Diagnostic criteria, presumably established by the author, are "1) pain not confined to the distribution of the trigeminal branches; 2) symptomatology that appeared during or after a period of intense stress; 3) psychological involvement that may be confirmed by the presence of phobias, obsessive-compulsive behavior, and other symptoms that are psychosomatic in nature; and 4) psychometric test profiles that are 'somewhat altered.'" To cite an extreme example, these criteria could very well apply to a patient with a mediastinal lesion with pain reference to the neck and face, and are thus to be cautiously employed. The chapter closes with an admonition to avoid obscuring diagnostic entities by assigning them a single, oversimplified title, suggesting rather a focus on all diagnoses and appropriate treatment.

Chapters 2 to 8 address etiologic factors, including neurologic disorders, muscle problems, postural affects, systemic disease, hemodynamic factors and platelet function, hormonal and immune factors, and finally psychologic factors. These are excellent reviews, with one notable exception: the text would have benefitted here from a more contemporary approach in regard to temporomandibular disorders. Instead, much of the material is opinion-based and reflective of concepts having little if any scientific support, such as "hyperfunction" and "trigger points." Neurogenic inflammation, NMDA and nitric

oxide metabolism, and central neuroplasticity are eloquently presented with superlative supporting graphics.

The Minnesota Multiphasic Personality Inventory (MMPI) is employed in most of the authors' outcome studies presented in chapter 8, presenting a conflict for those who do not support its use in pain patients. The chapter suggests that there is a standard personality profile of pain patients and appears to ignore volumes of evidence to the contrary. Presumption of personality disorders as etiologic in facial pain conditions has been refuted many times in contemporary studies but is frequently cited throughout the text.

Superbly presented in chapter 9 is the interplay of etiologic factors in headache and facial pain syndroms. There are good descriptions of several theories regarding association of tension-type and migraine headaches, temporomandibular and cervical spine disorders, and association with primary headache disorders.

Chapters 10 to 24 present diagnostic and treatment recommendations. As in other chapters, there tends to be disproportionate reference to "psychogenic pain," and there is a paucity of evidence-based material presented about temporomandibular disorders. Prophylactic and abortive treatment for primary headaches, neuralgias, and migraine variants is presented in a concise fashion and is consistent with contemporary standards of management of these conditions. The chapter on neuropathic facial pain provides an excellent description of trigeminal and glossopharyngeal neuralgia. Missing from this part of the text, however, is a reference to potential orofacial neuropathies due to trauma such as surgical intervention.

The book closes with chapters comprising case reports on "myogenic cervicofacial" and arthrogenous facial pain, psychogenic facial pain, and facial pain and headache. These add little to the literature and are frequently punctuated by references to what might be interpreted as sensationalized psychologic cases and pain as measured by the MMPI.

Initial inspection of this book led to the impression that it is a volume of excellent scientific merit. Indeed, there are many eloquent examples of this; however, in certain areas, most notably facial pain, the authors' reliance on opinion compromises the scientific nature of the text, and so the primary value of this text lies in its review of headache. Recurrent misspelling of words and lack of grammatical revision by editors are also distracting.

—Kevin I. Reid, DMD