[redacted]

Independent Medical Opinion

2018-02-20

Veteran: [redacted]

SS#: XXX-XX-1172

[redacted] is seeking service connection for tension headaches secondary to PTSD.

Records Reviewed:

I have reviewed pertinent records in the claims file as well as private medical records.

Service History:

The veteran entered service presumed sound.

Medical History:

Pt is currently service connected for Post Traumatic Stress Disorder, or PTSD.

Veteran reports having headaches during military service but did not seek treatment.

Pt was diagnosed with tension headaches in October 2017.

Veteran had a negative head CT scan on November 6, 2017.

During a C&P examination on November 17, 2017 the clinician stated that tension headaches are most frequently triggered by stress or tension.

Medical Opinion:

It is at least as likely as not that the veteran's tension headaches are secondary to his service connected PTSD.

Rationale and Discussion:

UpToDate, a point of care medical resource, states that "Stress and mental tension are reported to be the most common precipitants for tension type headaches.(1)" Post traumatic stress disorder is a mental health condition where patients "experience marked cognitive, affective, and behavioral responses to stimuli, leading to flashbacks, severe anxiety, and fleeing or combative behavior." UpToDate goes on to state that "Approximately 20 percent of people with PTSD have reported use of alcohol or other substances to reduce tension.(2)" This supports the tension as a result of PTSD and how mental tension and stress is the most common cause of tension headaches.

Attestation:

I state that I am authorized to practice in the state of Arizona and that I am not a party to this proceeding, or maintain any interest in the same. I hereby swear that I am the clinician who completed this review and

[redacted]

[redacted]

authored the above findings, and that all facts and conclusions are true to the best of my knowledge and abilities.

Sincerely,

[redacted]

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1. Frederick Taylor, M.D., "Tension-type headache in adults: Pathophysiology, clinical features, and diagnosis." Accessed 2/20/2018 https://www.uptodate.com/contents/tension-type-headache-in-adults-pathophysiology-clinical-features-and-diagnosis?search=tension%20headaches&source=search_result&selectedTitle=2~99&usage_type=default&display_rank=2
2. Jitender Sareen, M.D., "Posttraumatic stress disorder in adults: Epidemiology, pathophysiology, clinical manifestations, course, assessment, and diagnosis." Accessed 2/20/2018 https://www.uptodate.com/contents/posttraumatic-stress-disorder-in-adults-epidemiology-pathophysiology-clinical-manifestations-course-assessment-and-diagnosis?search=ptsd&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2

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