Benign Intracranial Hypertension, Pseudotumor Cerebri

Benign Intracranial Hypertension is also called pseudotumor cerebri. It is a condition of increased pressure within the skull(*intracranial*). No specific cause has been established for this condition. Even with much testing, the cause is often not clear (*inconclusive*). Benign means this is usually not dangerous to the person who has it. Sometimes the condition can cause problems that you should be aware of.

CAUSES

- The exact cause of this problem is not completely understood.
- Some caregivers feel the condition may be due to:
  - Menstrual dysfunction.
  - Hormone deficiency.
  - Hypothyroidism.
  - Excessive intake of antibiotics or Vitamin A.

Your caregiver can explain these to you.

SYMPTOMS

- A major sign of this condition is obvious congestion and distortion of the optic nerve as it enters the retina.
- Visual loss may occur. It is often treated with cortisone-like compounds.

You may also experience:

- Nausea.
- Vomiting.
- Dizziness.

TREATMENT

The treatment may simply be:

- Pain medicine to control the pain.
- Medicine to lower the intracranial pressure.

Patients require careful monitoring by their caregivers. This condition can change over time. It is important that you monitor your own condition carefully. Bring any significant change in your condition to the attention of your caregiver.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Your headache becomes severe.
- Nausea or vomiting becomes severe.
- You develop difficulty with your vision.
- There is any other significant change in your condition.

Information courtesy of the National Headache Foundation

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