

## 頭痛電子報 第148期

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各位頭痛學會的會員大家好：

三叉神經痛的診斷分類標準有新的版本囉！今年七月的 NEUROLOGY 刊出由 IASP (international Association for the Study of Pain) 與歐洲神經學會共同提出的新診斷分類標準。過去，各位熟悉的頭痛疾病分類 ICHD-2 把三叉神經痛分為典型 (classical) 與症狀性 (symptomatic) 兩大類，更新後的 ICHD-3 beta 版則將症狀性改稱為「疼痛性三叉神經病變」(painful trigeminal neuropathy)。然而，這樣單純的二分法其實不敷目前的分類需求。許多神經科疾患現行的診斷基準都涵蓋診斷確定度 (diagnostic certainty) 的架構原則。此外，部分三叉神經痛的患者並沒有典型三叉神經痛的血管壓迫，也沒有任何次發性病因而，上述的二分法似乎無法將這群病人獨立出來。本期電子報，特邀臺北榮總神經內科的住院醫師朱昱誠，為各位介紹最新的診斷基準，不看可惜！

電子報主編：臺北榮總 陳韋達醫師

### 秘書處報告

1. 國際頭痛學會 Education Committee List of Educational Activities for 2016，詳情請參閱 p.5

台灣頭痛學會 敬啟

## 三叉神經痛新的診斷流程和分類

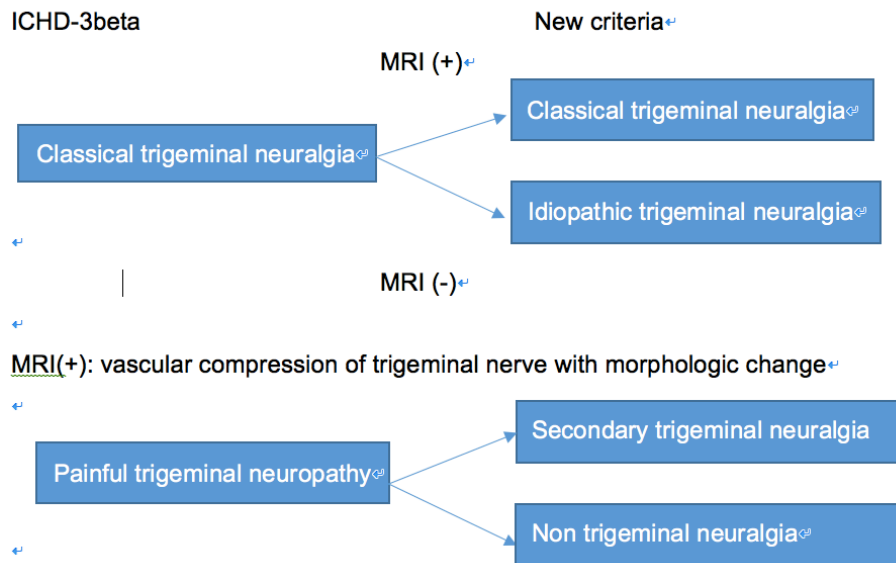
臺北榮總神經內科 朱昱誠醫師

三叉神經痛有了新的診斷分類！2015年在法國尼斯 (Nice) 舉辦的國際會議 NeupSIG (Neuropathic Pain Special Interest Group) World Congress，集結了基礎神經科學、臨床神經學、神經外科學、口腔顏面疼痛與實證醫學等不同領域的專家，在歷經文獻回顧與會議討論後取得共識，提出新的三叉神經痛診斷流程與分類，於2016年7月的Neurology刊登 (Cruccu G et al., Neurology 2016;87;220-228)。

三叉神經痛 (trigeminal neuralgia, TN) 是一種神經病變痛 (neuropathic pain)，最常見的原因為三叉神經進入腦幹的路徑受到上小腦動脈壓迫，造成三叉神經局部去髓鞘進而誘發神經痛。部分患者則因「次發性」的原因如腫瘤、帶狀泡疹、多發性硬化症等所導致。目前最新的國際頭痛疾病分類 ICHD-3 beta 在第十三章第一節 (13.1) 將三叉神經痛分為兩大類：影像上發現三叉神經與上小腦動脈有接觸的這一類稱為「典型三叉神經痛 (classical TN)」(13.1.1)；其它有次發性病因而三叉神經痛都歸類為「疼痛性三叉神經病變」(painful trigeminal neuropathy) (13.1.2)，如急性帶狀泡疹、泡疹後、外傷後、多發性硬化症斑塊或佔位性病灶等所導致者。然而，這種二分法的分類方式並非完全適用。部分分類為典型三叉神經痛的患者其實完全沒有血管壓迫的證據，有些看似有血管壓迫，但因藥物治療即可緩解，無法證實血管壓迫是造成神經痛的直接原因。若無明確的病因，其實並不符合 IASP (international Association for the Study of Pain) 所定義的神經病變痛。此外，現行許多神經疾患的診斷基準都涵蓋了診斷確定度 (diagnostic certainty) 的架構原則，以符合臨床研究、藥物試驗與手術治療的精準分類需求。以上種種診斷分類的問題，促成了這個新的診斷分類基準的誕生。

究竟新的分類診斷基準有何不同呢？簡單來說，就是將三叉神經痛分為三種診斷類

別 (idiopathic, classic, secondary) 與三種診斷確定性 (possible, probable, definite)。首先，在診斷類別方面，根據新的診斷流程，原本符合 ICHD-3 beta 版的典型三叉神經痛 (13.1.1) 將再被分出原發型三叉神經痛 (idiopathic TN)，因為過去的研究顯示，典型三叉神經痛的病人有 11% 經由外科手術並未發現任何血管壓迫的證據。原本 ICHD-3 beta 版的疼痛性三叉神經病變 (13.1.2) 則進一步分類為次發型三叉神經痛 (secondary TN) 或者不符合三叉神經痛的診斷，可由下圖幫助瞭解：



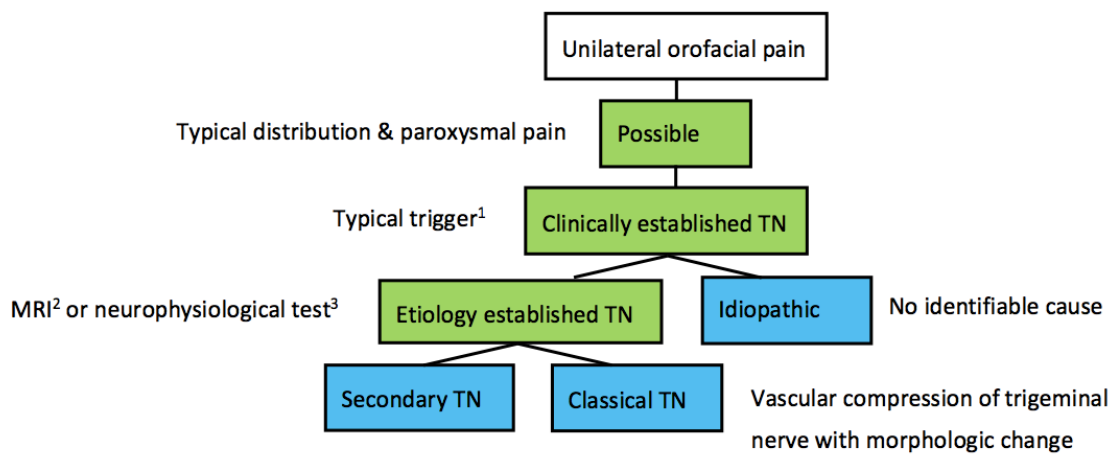
其次，在診斷確定性方面，新的診斷分類流程把符合三叉神經痛診斷的確定度分級為 possible TN, clinically established TN 與 etiology established TN 三種，以下列步驟依序決定：

1. 單側口腔或臉部的疼痛
2. 疼痛範圍符合三叉神經的分佈 → 符合：possible TN
3. 可被典型方式誘發 → 符合：clinically established TN
4. 經磁共振造影或其它診斷工具尋找病因 → 符合: definite or idiopathic TN (見下詳述)

其中的第 4 步驟，若影像學正常且找不到任何病因的，歸類為原發型三叉神經痛，約佔了所有患者的 11%。若有找到影像學異常或相關病因者即符合 definite TN。Definite TN 又可進一步分為典型與次發型兩類。典型者，除影像上有神經血管壓

迫以外，還要有三叉神經的型態學改變，最常見的是三叉神經萎縮或移位。至於次發型，約佔所有患者的 15%，臨床上伴隨 MRI 或神經生理檢查的異常。通常，若出現患側的顏面感覺降低，則次發型的可能性較大，然而，沒有臉部感覺障礙者仍可能是次發型，診斷時需格外謹慎。

茲將新版三叉神經痛診斷分類流程的架構，參考 Neurology 2016;87;220-228 改繪如下並附上 appendix e-2 的註解。



註：Sensitivity(Sn);Specificity(Sp)

<sup>1</sup>. Typical trigger在classical TN的Sn: 99%

<sup>2</sup>. MRI發現TN病人有trigeminal nerve compression的Sn:86%, Sp:64%；而MRI有trigeminal nerve morphologic change(dislocation, distortion, flattening or atrophy, contact at nerve root entry zone)的Sn:60%, Sp: 89%

<sup>3</sup>. Neurophysiological test: 在分辨secondary TN與classical TN上，trigeminal reflex的Sn: 87%, Sp:94%；而trigeminal evoked potential的Sn: 84%, Sp:64%

總結：

新的三叉神經痛診斷分類方式賦予三叉神經痛更精緻的分類，更清楚的定義並界定了診斷確定性等級。在不久的將來，三叉神經痛相關的臨床研究、藥物試驗、手術治療甚至治療準則，可能都會受此診斷分類方式而產生重大的影響，讓我們拭目以待！

## 國際頭痛學會 List of Educational activities for 2016

(further details may also be found at the [IHS webpage](#))

### 1. The International Headache Academy

The International Headache Academy (iHEAD – IHA in North America) was established to provide a platform for developing the next generation of headache specialists. The programme of the academy includes plenary sessions, as well as practical workshops and interactive masterclasses. Features of the academy include presentations and debate on hot topics in headache management, as well as practical masterclasses. A key feature of the academies is practical, hands-on learning; workshop sessions are focused on developing leadership skills, including setting up clinical trials, presentation skills and publishing work. Delegates of the academies, comprising the next generation of headache specialists from the region, are carefully selected by the Scientific Steering Committee collaborating with the IHS Juniors Committee and regional National Societies.

### 2. IHS Headache Trainee Program 2016

This project aims at funding physicians from developing countries or countries in transition to visit a specialized headache institution abroad for 8-12 weeks and actively increase knowledge on headache disorders and specialized headache management. It is also intended to spread this knowledge to their home countries without headache infrastructure or expertise. After a clinical training period of up to 12 weeks at a headache centre abroad the award holder is encouraged to return to his/her country of origin in order to apply the acquired knowledge, thus contributing to the advance of patient management locally. One Headache Trainee will be funded for 2016.

### 3. IHS Visiting Professor Program 2016

Visiting Professors is an initiative of the IHS Education committee with the aim to send headache specialists as representatives of IHS to attend regional meetings, or teach at a headache centre, in countries that might need or want increased headache education and motivation and where, without financial support, attendance of an international specialist would not be possible. IHS will fund two headache specialists (one senior, one junior) to teach at a national or regional meeting/congress. The host country can select a topic and suggest at least three specialists who will fit in with their program. For 2016, visiting professors for up to 4 regional meetings will be supported.

### 4. The Headache Master Schools.

These have taken place in Brazil, Japan, India and recently in China. They usually consist of learning modules on line before the meeting, a pretest of knowledge, an onsite program with an IHS and local faculty and attendees from the sponsoring countries, and a post test. Proposals come from countries that want these schools and must include a

budget and interaction with IHS Board and the Education Committee. A further school is proposed for Latin America in 2017.

5. The IHS Learning center

Located within the IHS website, the [Learning Center](#) contains useful services, such as access to the Slide Library, containing an expanding collection of downloadable slide decks contributed by major headache specialists worldwide, to the Reading Library, that allows access for reading or downloading books and chapters written by eminent headache specialists worldwide, the Poster Library containing pdfs of posters presented at previous IHCs, and to the IHS Core Curriculum for Neurologists.

6. New Educational Opportunities

At a retreat of the Board it was suggested we find some educational offering for our members in the off year from our biannual congresses. Dr. Purdy in conjunction with Dr. Dodick proposed to the board that a course on secondary headaches be held at the European Headache and Migraine Trust International Congress (EHMITC) in Glasgow Scotland this September. Working in conjunction with the British Association for the Study of Headache (BASH), a course has been approved by the SPC of EHMITC. This one-day course will consist of cases and interaction around secondary headaches, which we hope will satisfy repeated request from our members for such a course. The faculty for this course will consist of members of the IHS and BASH.

本電子報以電子郵件方式寄發內容包括台灣頭痛學會的會員通知事項,及頭痛相關文章。本園地公開,竭誠歡迎所有頭痛相關醫學著述、病例討論、文獻推介、研討會講座等投稿,稿酬從優。敬請不吝指教,感謝您的支持!

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