

Migraine

A migraine is a type of headache that causes intense throbbing or a pulsating sensation in one area of the head. Migraine attacks can cause significant pain for hours to days and be so severe that all you can think about is finding a dark, quiet place to lie down.



What are the symptoms of migraine?

The most common symptoms of a migraine attack include throbbing headache, sensitivity to light and noise, nausea (feeling sick), vomiting (being sick) and lethargy (lack of energy). Some people also may see spots or flashing lights or have a temporary loss of vision prior to attacks.



What are the causes of migraine?

Although the exact cause of migraine is not fully understood, people who suffers from migraine have a more than usually sensitive or 'hyper-excitable' brain, so that they are much more sensitive to stimuli that would not affect someone not prone to migraine. Migraine symptoms are also thought to be due to abnormal changes in levels of substances that are naturally produced in the brain. Certain factors known as "migraine triggers"

Do's

- ✓ Identify your migraine triggers & try to avoid them
- ✓ Maintain a regular sleep pattern
- ✓ Drink plenty of water
- ✓ Take sensible breaks from your work
- ✓ Practice deep breathing & relaxation techniques

Don'ts

- × Do not skip meals
- × Do not consume drinks containing caffeine & alcohol
- × Do not take too much stress
- × Stay away from noise
- × Avoid bright flashing or flickering lights and reflective surfaces



Migraine: Myths and Facts

Myth 1: Migraine is just a headache.

Fact: Migraine is an extremely debilitating neurological disease. Many people do not realize how painful and debilitating migraine can be. In addition to attack-related disability, migraine interferes with a sufferer's ability to function in everyday life, whether that is going to school or work, caring for family or enjoying social activities.

Myth 2: Mainly women are affected by migraine.

Fact: Under the age of 12 years, an equal number of boys and girls are affected by migraine. In comparison to men, migraines are more seen in women after puberty age due to hormonal differences and genetics and their effect on brain biochemicals.

There is no specific cure for migraine. However adhering to the treatment plan given by your doctor can help relieve your migraine headache and reduce frequency, severity & duration of future migraine attacks.