

Fast Facts

Migraines

- Type of headache that is usually on one side of the head and causes severe throbbing pain or pulsing sensation
 - Pain is so intense it interferes with daily activities
- Cause of migraines isn't understood, thought to be related to genetics and environmental factors
- Changes in how the brain stem interacts with the trigeminal nerve or imbalances in brain chemicals might also play a role
 - Many things can trigger a migraine to occur
- Women are three times as likely to suffer from migraines than men
 - How often migraines occur depends on the person
- Some individuals have them rarely, and others get them several times a month
- Can begin at any age, they typically start during adolescence and peak during your 30s before gradually becoming less severe and frequent
 - Four stages of migraines: prodrome, aura, attack, and post-drome
 - Not everyone who has migraines experiences all four stages

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<i>Prodrome:</i> <ul style="list-style-type: none"> -Constipation -Mood changes (range from depression to euphoria) -Food cravings -Neck stiffness -Increased urination -Fluid retention -Frequent yawning <i>Aura:</i> <ul style="list-style-type: none"> -Visual phenomena (ex. seeing various shapes, bright spots, or flashes of light) -Vision loss -Pins and needles sensations in an arm or leg -Weakness or numbness in the face or one side of the body -Difficulty speaking <i>Attack:</i> <ul style="list-style-type: none"> -Pain usually on one side of your head, but often on both sides 	<u>Pain Relievers:</u> <p><i>Over-the-Counter:</i></p> <ul style="list-style-type: none"> -Aspirin -Ibuprofen -Combination medications (these have caffeine, aspirin, and acetaminophen in a single pill) <p><i>Prescriptions:</i></p> <ul style="list-style-type: none"> -Sumatriptan or rizatriptan -Dihydroergotamine -Lasmiditan -Ubrogepant -Opioids <p><i>Anti-Nausea:</i></p> <ul style="list-style-type: none"> -Chlorpromazine -Metoclopramide -Pprochlorperazine <u>Other Remedies:</u> <ul style="list-style-type: none"> -Go to a quiet, darkened room -Close eyes and rest/take a nap 	<u>Medicine:</u> <ul style="list-style-type: none"> -Blood pressure-lowering medications, including beta-blockers (ex. propranolol and metoprolol tartrate) or calcium channel blockers (ex. verapamil) -Tricyclic antidepressants (amitriptyline) -Anti-seizure drugs (valproate and topiramate) -Botox injections -CGRP monoclonal antibodies <u>Lifestyle Changes:</u> <ul style="list-style-type: none"> -Learn relaxation techniques -Develop a sleeping and eating routine -Stay hydrated by drinking plenty of water -Get regular aerobic exercise

<ul style="list-style-type: none"> -Pain that throbs/pulses -Sensitivity to light, sound, and sometimes smell and touch -Nausea/vomiting <p><i>Post-drome:</i></p> <ul style="list-style-type: none"> -Drained -Confused -Washed out -Elation -Possible to have a brief return of the pain if you move your head suddenly 	<ul style="list-style-type: none"> -Place a cool cloth or ice pack wrapped in a towel/cloth on forehead -Drink lots of water -Keep a headache diary 	
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