



Understanding

MIGRAINE

What is a migraine headache?

A migraine headache is a form of vascular headache. Migraine headache is caused by vasodilatation (enlargement of blood vessels) that causes the release of chemicals from nerve fibers that coil around the large arteries of the brain. The chemicals cause inflammation, pain, and further enlargement of the artery.

What are the symptoms of migraine headaches?

An estimated migraine attacks are preceded by premonitory (warning) symptoms lasting hours to days. The symptoms may include:

- Sleepiness
- Irritability
- Fatigue
- Depression or euphoria
- Cravings for sweet or salty foods



What are migraine triggers?

A migraine trigger is any environmental or physiological factor that leads to a headache in individuals who are prone to develop headaches. Examples of triggers include:

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|----------------------|----------------|
| • Stress | • Alcohol |
| • Sleep disturbances | • Aged cheeses |
| • Fasting | • Chocolate |
| • Cigarette smoke | • Caffeine |



Lifestyle Changes may help prevent migraines:

- Sleep may be the best medicine if it is possible.
- Avoid Smoking
- Avoiding certain foods especially those high in tyramine such as sharp cheeses, sulphites (wines) & nuts.
- Don't skip meals including breakfast



Preventing Migraine:

Migraines can be prevented by avoiding the things that trigger them. Keeping a headache diary, noting what you ate, how much you slept, whether you were under special stress, and what you were doing can help you identify your headache triggers.

Migraine Treatment:

- Medications are available both to prevent migraine headaches and to relieve them when they occur.
- Your doctor can determine whether you should take medication for migraines, and which ones are right for you.
- Take medications as your doctor instructs. Medication to prevent migraines should be taken every day, not just when you think you may get a migraine.
- Medications to treat migraine are more effective if they are taken early in the attack.



Reference: http://www.medicinenet.com/migraine_headache/article.htm#tocb

Disclaimer: Undue care has been taken to provide the content, this may help you. Please consult your doctor for further assistance.