UNDERSTANDING MIGRAINE



What Is Migraine?[1]

A migraine is a **HEADACHE** that can cause severe **THROBBING PAIN OR A PULSING SENSATION**

- Most often on **one side** of the head
- Migraine attacks can last for **hours to days**
- The pain can **get in the way of daily activities**
- Symptoms often include **nausea (feeling like you are going to be sick), vomiting, and/or extreme sensitivity to light and sound**

YOU'RE NOT ALONE

Did you know that around 40 million Americans suffer from migraine?[2]

Although it can affect anyone, migraine is more than 3x as common among women as men.[1]

There are a number of things that can trigger a migraine attack, including[3]:

- **Smell**
- **Light**
- **Stress**
- **Dehydration**
- **Diet** (foods like cured meats and additives like MSG)
- **Alcohol use**
- **Medication overuse**
- **Irregular sleep**
- **Hormones/menstruation**
- **Weather changes** (high heat; changes in pressure)

Migraine can be challenging to live with, but don't lose hope. Talk to your health care provider to learn more about migraine.

References: 1. Migraine. Mayo Clinic. Published July 7, 2023. Accessed November 7, 2024. https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201 **2.** Law HZ, Chung MH, Nissan G, Janis JE, Amirlak B. Hospital burden of migraine in United States adults: a 15-year National Inpatient Sample analysis. *Plast Reconstr Surg Glob Open*. 2020;8(4):e2790. doi:10.1097/GOX.0000000000002790 **3.** Top 10 migraine triggers and how to deal with them. American Migraine Foundation. Published July 27, 2017. Accessed November 7, 2024. https://americanmigrainefoundation.org/resource-library/top-10-migraine-triggers/

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Migraine Symptoms[1]

A migraine can cause severe throbbing pain or a pulsing sensation on one or both sides of the head. It can last for hours or days and may cause extreme sensitivity to light and sound, as well as nausea (feeling like you are going to be sick) and vomiting.

People with migraine can experience many different symptoms, which often happen within 4 phases of a migraine attack.

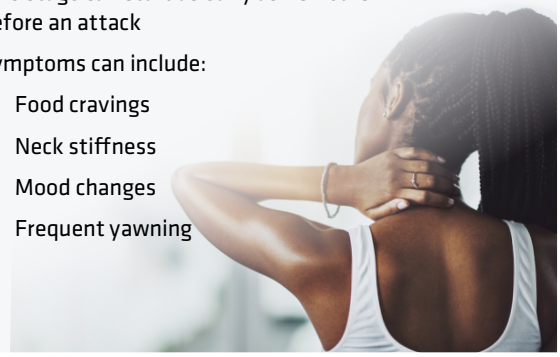
Stage 1: **PRODROME**

Preheadache

This stage can start as early as 48 hours before an attack

Symptoms can include:

- Food cravings
- Neck stiffness
- Mood changes
- Frequent yawning



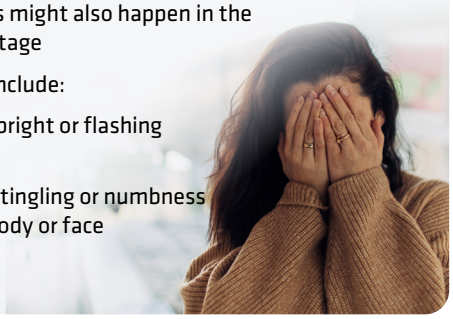
Stage 2: **AURA**

Right before the attack

Some people experience an aura phase, which can happen before a migraine attack. This might also happen in the headache stage

Examples include:

- Seeing bright or flashing lights
- Feeling tingling or numbness in the body or face

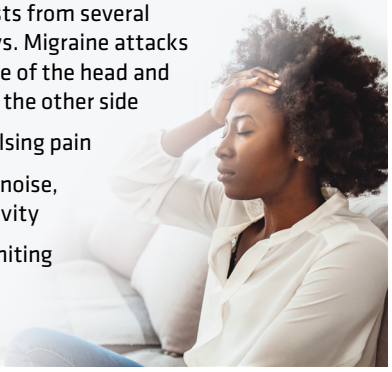


Stage 3: **HEADACHE**

Attack

This stage often lasts from several hours to up to 3 days. Migraine attacks can start on one side of the head and gradually extend to the other side

- Throbbing or pulsing pain
- Increased light, noise, and odor sensitivity
- Nausea and vomiting

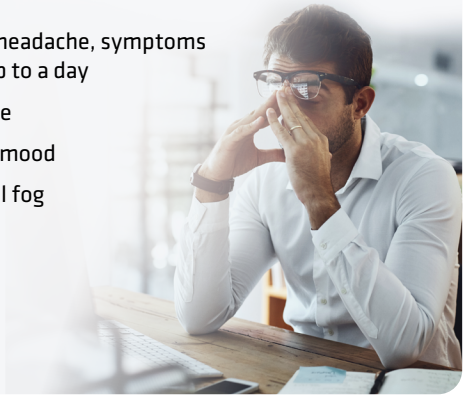


Stage 4: **POSTDROME**

Postheadache

After the headache, symptoms can last up to a day

- Fatigue
- Joyful mood
- Mental fog



You may not experience these phases; symptoms will vary for each person.

DID YOU KNOW?

Your health care provider can diagnose and treat migraine.

Reference: 1. Migraine. Mayo Clinic. Published July 7, 2023. Accessed November 7, 2024. https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201

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How Can You Manage Migraine?

Everyone with a diagnosis of migraine may benefit from acute medication or lifestyle changes. Based on your migraine experience, you may also benefit from preventive treatment.

ACUTE TREATMENTS[1]

Acute treatments may help stop migraine attacks after they start. Since migraine can impact your entire life, a goal of treatment may include getting you back to your daily activities at work and at home.

PREVENTIVE TREATMENTS[1]

Preventive treatments may help you prevent migraine attacks before they start. Some goals of treatment may include reducing migraine frequency, severity, and length, as well as relying less on acute treatments that may not be working.

Lifestyle Management[2]:

Here are some tips that may help. Always talk to your health care provider before starting a new exercise routine.

- **Sleep:** Keep a regular bedtime and consistent sleep time
- **Exercise:** Try to get 30 to 50 minutes of exercise 3 to 5 days a week
- **Eating:** Eat regular meals throughout the day and stay hydrated
- **Diary:** Keep a headache diary to find patterns, and share it with your health care provider. Sharing this diary information can help your health care provider make a diagnosis and find a treatment that's right for you.
- **Stress:** Try mindfulness exercises and breathing techniques to relax



Connect with your health care provider for more information about migraine treatment and management.

Learn more about tracking and managing your migraine: Access Migraine Diary

References: 1. Miller S. The acute and preventative treatment of episodic migraine. *Ann Indian Acad Neurol*. 2012;15(suppl 1):S33-S39. doi:10.4103/0972-2327.99998
2. Lifestyle changes for migraine management. American Migraine Foundation. Published May 6, 2021. Accessed November 7, 2024. https://americanmigrainefoundation.org/resource-library/lifestyle-changes-for-migraine/

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