WHAT IS MIGRAINE?

- A common and disabling neurological condition
- Attacks of headache and other symptoms because of an abnormally sensitive brain

HOW COMMON IS MIGRAINE?

1 billion worldwide

1 in 4 homes

1 in 5 women

1 in 16 men

1 in 11 children

IS MIGRAINE INHERITED?

If 1 parent has migraine: 50% chance of a child having it too

If both parents have migraine: 75% chance of a child having it too

WHAT ARE MIGRAINE SYMPTOMS?

PRODROME

- Light sensitivity, sound sensitivity, nausea, fatigue, yawning, increased urination, cravings, mood change, neck pain

POSTDROME

- Fatigue, difficulty concentrating, weakness, dizziness, lightheadedness, decreased energy

HEADACHE

- Throbbing pain on one or both sides of the head
- Worse with movement
- Nausea, vomiting, sensitivity to light, sound and colors

AURA

- Change in vision such as seeing spots, stars, lines, flashing lights, zigzag lines, or waves
- Numbness and tingling
- Difficulty speaking or understanding others

CAN MIGRAINE GET WORSE OVER TIME?

- 2-3% of people with episodic migraine every year develop chronic migraine
- Chronic migraine indicates headache happening on half of all days for 3 or more months
- Risk factors for chronic migraine

MANAGE WHAT MAKES MIGRAINE WORSE

- Stressful life events
- Head injury
- Excessive caffeine use
- Overuse of opioids and barbiturates
- Not having an optimized acute treatment plan
- More headache days per month
- Persistent frequent nausea with migraine
- Snoring and sleep apnea
- Other pain conditions
- Depression
- Anxiety
- Allodynia (skin and scalp sensitivity to touch)
- Allergic rhinitis

LIFESTYLE AND NON-MEDICATION TREATMENTS

- Keeping a diary
- Avoiding triggers
- Cognitive behavioral therapy
- Biofeedback, Relaxation training, Stress management

HOW IS MIGRAINE TREATED?

PREVENTATIVE TREATMENTS

- Specific medications for migraine
- Non-specific medications for pain
- Anti-nausea medications

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