

Migraine Is a Brain Disease, *Not* Just a Headache

Understanding the full range of symptoms can help
you recognize what your body is telling you.

B

BRAIN FOG

Difficulty concentrating, thinking clearly, or finding words.

R

REDUCED ACTIVITY

Feeling unable to maintain your normal routine or daily tasks.

A

ASSOCIATED HEAD +/- NECK PAIN

Pain may be present in the head, neck, or both—
and can vary in intensity.

I

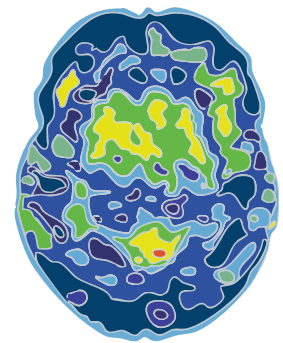
INTOLERANCE TO LIGHT, SOUND, OR SMELL

Sensitivity to everyday stimuli that may feel overwhelming.

N

NAUSEA OR VOMITING

Digestive symptoms that often accompany migraine attacks.



Migraine is a complex neurological disease that affects much more than your head. It can impact how you think, move, and function throughout your day.

Because symptoms can vary (and aren't always obvious) many people don't realize what they're experiencing is migraine.

That's why we created a simple way to recognize the signs:

Think **B.R.A.I.N.**

Migraine is real. It's neurological. And help is available.

Talk to your healthcare provider if you experience these symptoms.

Learn more and access free resources at
AmericanMigraineFoundation.org

