

This material will help you understand migraine and how to treat it.

What is migraine?

Migraine is a common brain condition that affects about 15% to 20% of people. The most common sign of migraine is a headache. This is typically a pounding or throbbing pain on one side of the head or on both sides. When your migraine starts, you may have visual symptoms like flashes of color or light. You may also have nausea, vomiting, or sensitivity to light or sound.

What causes migraine?

There are many theories about why some people get migraine headaches, but none are proven. Some foods like cheese, chocolate, red wine, alcohol and caffeine may trigger migraine. Migraines in women may also be triggered by hormone changes from monthly periods, pregnancy, birth control pills, or menopause.

Environmental factors like sleep, stress or lighting conditions may trigger migraine.

How is migraine treated?

The first step in treating migraine is to avoid triggers. If you have a lot of migraine attacks, your doctor may prescribe a daily medicine to make your headaches less severe and happen less often. Other

treatments such as physical therapy, injections in the scalp or neck may also be advised.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.geteyesmart.org/eyesmart/diseases/migraine-treatment.cfm>

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