

MIGRAINE HEADACHES

What does a migraine headache feel like?

Symptoms of migraine headaches may include some or all of the following:

- Throbbing pain on one or both sides of your head
- Nausea/vomiting or not feeling hungry
- Flashing lights in your vision, blind spots, or wavy lines of color
- Sensitive to light or noise or movement
- Feeling cold or sweaty
- Feeling edgy or cranky
- Numbness or tingling in the face or hands

How long do migraines usually last?

Migraines may last from a few hours to several days.

What causes migraine headaches?

No one knows. Migraines run in families and affect more women than men. Many people find that certain things trigger a migraine such as:

- Alcohol, especially red wine
- Certain foods such as chocolate, aged cheese, nuts, MSG (monosodium glutamate), nitrates found in processed meats like bacon, hot dogs, SPAM
- Too much or too little caffeine which is in regular coffee and many sodas
- Sleeping too much or not sleeping enough
- Skipping meals
- Strong smells like heavy perfume or cigarette smoke
- Having your period, using birth control pills, being pregnant
- Flashing lights
- Stress and anxiety

HA – AP HEADACHE – ANATOMY AND PHYSIOLOGY
HA – P HEADACHE – PREVENTION
HA – TX HEADACHE - TREATMENT

What can I do for migraine headaches?

- 1) Avoid alcohol, chocolate, processed meats, and MSG which is found Chinese food.
- 2) Avoid strong smells and cigarette smoke
- 3) If you use caffeine, use the same amount from day to day
- 4) Don't skip meals
- 5) Keep a regular sleep pattern
- 6) Exercise regularly at least every other day
- 7) Try and decrease mental stress with a relaxation break every day. Sit With your eyes closed, let your muscles relax, and give your mind a break.
- 8) Learn to look for the warning sign that tells you a headache is coming. When you notice these signs, do something different to try and prevent the migraine headache.

What about medicines for migraines?

Your doctor may prescribe medicines to help your migraines. Some medications you take only when a headache is starting. Some people who have headaches often may benefit from taking a medicine every day to help prevent headaches. Together, you and your doctor can choose the best treatment for your migraines.

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