

MIGRAINE

Migraines are a type of headache which is a pain linked to changes in chemicals in the brain that cause blood vessels on the surface of the brain to swell. This will cause the throbbing migraine pain and other symptoms.

MIGRAINE SYMPTOMS

- Pain on one side of the head.
- Pain that throbs or pulses.
- Moderate to severe pain that gets in the way of your daily life.
- Pain that gets worse with movement, like bending down or walking up stairs.
- Nausea or vomiting.
- Sensitivity to light and sound.
- Sinus pain and pressure in the face or around the eyes.

TREATMENT OF MIGRAINE HEADACHES

There are two types of meds. One is acute treatment and the other is preventive treatment.

ACUTE TREATMENT

This type of med is given at the first sign of a migraine. This helps to stop the headache before it gets worse.

PREVENTIVE TREATMENT

This type of med is given to prevent a migraine. You need to take this medicine daily for it to work well. Talk with your healthcare provider about each treatment and see what works for you.

OTHER THERAPIES FOR MIGRAINE PAIN

- Lower your stress level.
- Take time to relax and have fun.
- Do yoga, meditation, and relaxation exercises such as deep breathing.
- Cold packs applied to head where pain is may reduce pain. Cold causes blood vessels to tighten.

AVOID MIGRAINE TRIGGERS

Food and drink include red wine; processed meats, hot dogs, ham, bacon, and some Chinese food.

PERSONAL TRIGGERS

- **Stress**— may be emotional or physical.
- **Hormonal Changes**— this may happen before a woman's cycle or during their cycles.
- **Sleep Routine**— getting too much or too little sleep; or even napping during the day can trigger a migraine.
- **Change In Eating Habits**— either missing meals or dieting.

Not everyone with migraines have triggers and a certain trigger may not always cause a migraine.

TAKE CONTROL

To find out the best migraine treatment for you, visit your healthcare provider. Keep a Headache Diary to inform your healthcare provider of date / time of when a headache began and ended.

But be ye doers of the Word and not hearers only, deceiving your own selves James 1:22