



Migraine Awareness Month – Migraine: Not Your Average Headache

Migraine is a neurological disease with no known cure. In addition to severe head pain, a migraine includes a variety of debilitating symptoms that last, on average, between 4 and 72 hours.

What You Need to Know

- Women are more likely to experience a migraine than men. Research indicates there could be a genetic link, as migraines tend to run in families.
- Common triggers include dehydration, hunger, smells, fluorescent lighting, specific foods, environmental factors, cigarette smoke, and hormone fluctuation.
- Symptoms include, but are not limited to, pain on one side of the head, aura, nausea and vomiting, vision changes, aphasia, difficulty concentrating, and sensitivity to light, sounds and smells.

How to Care for a Migraine

- Keep a migraine journal of symptoms, frequency, severity, and duration of the migraine.
- Collaborate with a physician to create a plan of care, and take preventative or pain-relieving medications.
- Avoid triggers.
- Maintain a regular sleep schedule, and stay hydrated.
- Find a quiet, dark place to rest, reduce stimulation, and apply an ice pack.

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