



Migraine

Migraines are a neurological disease. A headache of varying intensity that can cause severe throbbing pain or a pulsing sensation, often accompanied by nausea, sensitivity to light, and sound, is considered a migraine.

Researchers are not sure what the exact causes of migraines are. There does appear to be an inherited trait that causes migraines in many people. The intense headaches are likely to start when a teenager, but migraines can begin at any age.



Migraine

A migraine can last hours or days. Migraines are a chronic condition affecting over 35 million adults and children in America.

Triggers of migraines include stress, hormonal changes, and certain foods and drinks. Cheese, red wine, chocolate are some of the foods known to trigger migraines. One food that has received a lot of attention in recent years is gluten - a protein found in wheat, rye and barley

People who have celiac disease, a digestive disorder caused by gluten, demonstrate a clear link between migraine headaches and gluten.

Many will experience indicators that a migraine is starting.



Migraine Types

While symptoms differ from person to person, some more common symptoms are blurred vision, tingling sensations, sensitivity to light, nausea, flashing lights, or odd sounds.

There are many types of migraine. Many rare and serious migraine headaches require a professional to diagnose. Below is a list of the most common migraines.

Migraine Without Aura

Once known as "common migraine," migraine without aura is what patients are more likely to experience. A migraine without aura is a migraine without warning. You won't get a warning sign that a migraine attack is about to start.



Migraine Types



Migraine With Aura

About a quarter of all migraines happen with auras. A ringing in your ears, dizziness, blurred vision, or sensitivity to light often precedes the headache.

Chronic Migraine

A person with chronic migraines experiences 15 or more headache days a month, with eight of those days involving migraine headaches.



Migraine Types

Abdominal Migraine

Migraines can cause extreme abdomen pain, nausea, or vomiting are an abdominal migraine. Abdominal migraines are more common in children. Two out of three children will suffer migraine headaches as adolescents.

Migraine Without Head Pain

Some people undergo a migraine without a headache, sometimes known as a "painless migraine," "silent migraine," or "acephalgic migraine."

Menstrual Migraine

A dip in the level of estrogen and progesterone before the start of menstruation can cause menstrual migraine in some women. Menstrual migraines can happen with aura or without. Menstrual migraines tend to last longer than your average non-menstrual migraines and might be more painful.



Migraine Types

Retinal Migraine

A headache often follows a loss of vision or blurriness. The visual disturbances often occur in only one eye before the headache phase of the migraine attack. Women of childbearing age who have a history of migraine with aura report retinal migraines more frequently than men.



Migraine Stages

The four-stage stages of a migraine are: prodrome, aura, attack and post-drome.

Prodrome is known as "pre headache" or the premonitory phase. Prodrome can mark the beginning of a migraine attack.

Aura

An aura often precedes a migraine but can also be experienced during the attack.

Attack

Symptoms of an attack vary but often include a throbbing headache, sensitivity to light noise and smell, nausea, vomiting, a lack of energy. The phase can last 24-48 hours. This phase is reported to be more debilitating than the migraine itself.

The last stage of a migraine; the hangover, is also known as the postdrome phase. The phase can last 24-48 hours. Postdrome has been reported to be more debilitating than the migraine itself for some sufferers.



Treatment

When it comes to migraine treatment, doctor-prescribed medicines or over-the-counter drugs can be the first treatment option. But migraine treatment has a broad scope. It sometimes includes what is known as complementary or integrative treatments. These additional supplements or strategies can be used in addition to a person's usual migraine treatment.



Treatment

Medications used to combat migraines fall into two broad categories:

Preventive medications. A category of drugs taken daily or regularly to reduce the severity or frequency of migraines.

Pain-relieving medications. Drugs taken during migraine attacks designed to stop symptoms are known as acute or abortive treatments. Another treatment option is an external nerve stimulation device.

Neurologists are specialists who treat diseases of the brain. Neurological conditions include migraines, epilepsy, stroke, multiple sclerosis (MS), and Parkinson's disease.

Get Personalized Care for Migraines at Children's Brain Institute. For more information on migraines:

<https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>

