

ONE OF THE TOP DISABLING DISORDERS

# MIGRAINES

# 37 MILLION AMERICANS SUFFER FROM MIGRAINES



*They are more common in Women than Men.*

SYMPTOMS LAST ANYWHERE FROM

## 4 TO 72 HOURS

SENSITIVITY TO LIGHT

SOUNDS AND SMELLS

NAUSEA

VOMITING

SOMETIMES VISUAL DISTURBANCES SUCH AS THE APPEARANCE OF BRIGHT SPOTS OR ZIG ZAG LINES



*Some common*  
**TRIGGERS:**

BRIGHT LIGHTS & LOUD NOISE

DEHYDRATION

DIETING

HORMONE CHANGES

ILLNESSES, INCLUDING COLD AND FLU

SOME FOOD & DRINKS

SOME TYPES OF MEDICATION

STRESS



*A proper*

## DIAGNOSIS OF A MIGRAINE

IS A VITAL FIRST STEP TO SUCCESSFULLY TREATING IT AT HOME.

*Once diagnosed* **THE FOLLOWING STEPS CAN HELP MIGRAINE SUFFERERS:**



### CREATE A PLAN

- Create a plan with your physician.
- Determine what medications are best.



### DON'T WAIT

- Don't skip your dosage of preventive medication.
- Don't wait to take medication when migraine symptoms begin.



### CHANGE YOUR ENVIRONMENT

- Stay home during a migraine attack.
- Drink plenty of fluids.
- Apply ice packs to forehead, temple or neck.



### KNOW WHEN TO SEEK HELP

- There are times when extra help is needed.
- Unusual headaches should be evaluated by a professional.

For more information, visit <http://www.premierhealthspecialists.org/familyhealth>

SOURCE: Agency for Healthcare Research and Quality (AHRQ); Richard Kim, MD, Clinical Neuroscience Institute, World Health Organization (WHO)