

THINGS PEOPLE SHOULD KNOW ABOUT MIGRAINE

In the Clinic
Annals of Internal Medicine

Migraines are headaches related to changes in chemicals and blood vessels in the brain.

"POUND" (as in "a pounding headache") is one way to remember migraine symptoms:

Pulsatile quality of headache described
One-day duration (duration < 4 hours suggests tension-type headache)
Unilateral location
Nausea or vomiting
Disabling intensity.

- Good sleep habits, avoidance of foods that trigger migraine symptoms, behavioral therapy (such as biofeedback), and drugs can all help to decrease the frequency and severity of migraine attacks. Migraine sufferers should participate in selecting treatment.
- Over-the-counter drugs, such as acetaminophen, aspirin, and ibuprofen, are usually the first drugs used to treat migraine. When these drugs do not help, prescription drugs may be necessary.
- Talk to your doctor if you think you may have migraine headaches.

Daily drugs to prevent migraine may help you if you:

- Get 2 or more migraines per month
- Are unable to use migraine treatments because of side effects
- Get no benefit from migraine treatment
- Have migraine complicated by nerve symptoms, such as visual changes, numbness, or weakness

Web Sites with Good Information about Migraine

American Academy of Neurology

www.aan.com/globals/axon/assets/2346.pdf

MedlinePLUS

www.nlm.nih.gov/medlineplus/headache.html

National Institute of Neurological Disorders and Stroke

www.ninds.nih.gov/disorders/headache/headache.htm

National Headache Foundation

www.headaches.org/consumer/topicsheets/migraine.html