

## WHAT IS A MIGRAINE?

Migraines is a neurological disorder that causes moderate-to-severe headaches along with other symptoms that make it difficult for people to function normally. People experience migraine differently. Although migraine pain can occur on both sides of the head, its common for the pain to be isolated on one side or the other across multiple attacks, and the headache can last from two hours to more than a day.

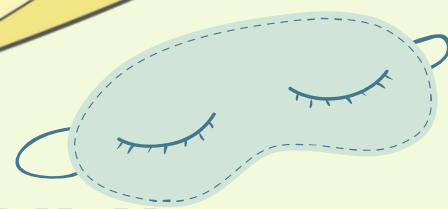


## PHASES

- Prodrome phase: Occurs hours or days before a migraine headache. During this phase, feelings of tiredness, low mood (or irritability), trouble concentrating may be experienced. People also experience neck pain, heightened senses (smell, light, noise), nausea, loss of appetite.
- Aura phase: During this phase, people feel visual disturbance like reporting seeing zigzag lines or bright splotches across their field of vision. They may also feel dizzy, experience vertigo, have trouble speaking, or have numb/tingling extremities. This phase may last up to an hour and is followed by a headache.
- Headache phase: Headache is only one part of migraine. Headache lasts anywhere from 4 to 72 hours while accompanied by nausea or heightened senses.
- Postdrome phase: Feelings of fatigue, low mood, and trouble concentrating once people recover from a migraine.

## CAUSES

Although the cause of migraine isn't fully understood, its thought that genes may play a role; about 42% of people with migraine have a family history of the condition. Experts also believe that migraine pain is linked to the swelling of the blood vessels in the scalp and tissues surrounding the brain. Changes in brain activity and chemicals also appear to play a part. Trigeminal nerve, which is responsible for sending pain, touch and temperature sensations from your face to your brain is also said to play a key role in migraines due to its abnormal activation. Other causes include stress and hormonal changes in women.



## RISK FACTORS FOR MIGRAINES

Observed more commonly among women, younger adults, and people with a family history of migraine. People with depression and anxiety may also have increased risk chances of getting migraine.



## DIAGNOSIS & TREATMENT

No specific test to diagnose. Doctors take note of patient's medical history, sensitivity to light/sound, signs of increased pressure in the back of the eye, frequency of headaches. Migraine can be treated by pain relievers and anti-nausea medicines.

## SYMPTOMS

- Nausea
- Vomiting
- Heightened senses
- Dizziness
- Fatigue
- Mood changes
- Scalp pain
- Neck pain
- Visual disturbances
- Speech disturbances
- Confusion
- Vertigo

## REFERENCES

<https://www.yalemedicine.org/conditions/migraine>

