

MIGRAINE

WHAT IS MIGRAINE?



A common and disabling neurological condition

Attacks of headache and other symptoms because of an abnormally sensitive brain

HOW COMMON IS MIGRAINE?



1 billion worldwide



1 in 4 homes



1 in 5 women



1 in 16 men



1 von 11 children

IS MIGRAINE INHERITED?

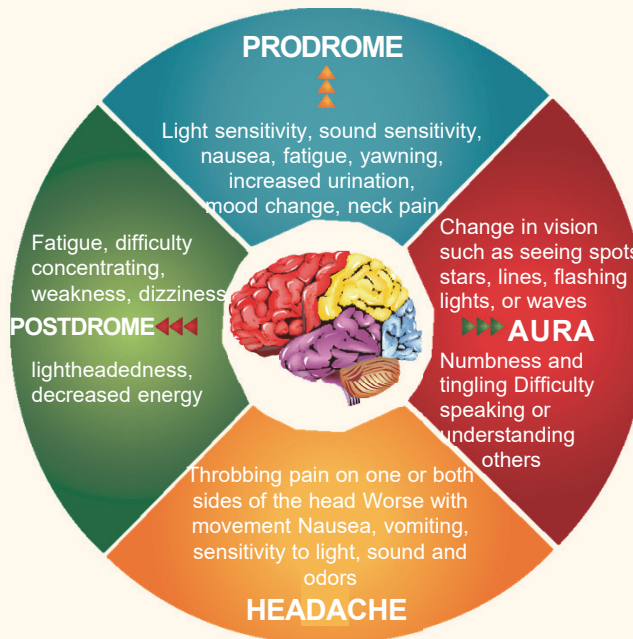


If 1 parent has migraine: 50% chance of a child having it too



If both parents have migraine: 75% chance of a child having it too

WHAT ARE MIGRAINE SYMPTOMS? 4 PHASES



WHAT IS AN AURA?



- One-third of people with migraine
- Reversible attacks of neurological symptoms
- Usually last from a few minutes up to an hour

CAN MIGRAINE GET WORSE OVER TIME?



- 2-3% of people with episodic migraine every year develop chronic migraine
- Chronic migraine indicates headache happening on half of all days for 3 or more months
- Risk factors for chronic migraine
 - Stressful life events
 - Head injury
 - Excessive caffeine use
 - Overuse of opioids and barbiturates
 - Not having an optimized acute treatment plan
 - More headache days per month
 - Persistent frequent nausea with migraine
 - Snoring and sleep apnea
 - Other pain conditions
 - Depression
 - Anxiety
 - Allodynia (skin and scalp sensitivity to touch) Allergic rhinitis

HOW IS MIGRAINE TREATED?

ACUTE MEDICATION TREATMENT OF ATTACKS

Specific medications for migraine
Nonspecific medications for pain Anti-nausea medications

PREVENTATIVE TREATMENTS

Prescription medications
Supplements Injections
Devices

MANAGE WHAT MAKES MIGRAINE WORSE

LIFESTYLE AND NON-MEDICATION TREATMENTS

Keeping a diary Avoiding triggers
Cognitive behavioral therapy Biofeedback, Relaxation training, Stress management

www.migraineaction.ch