

Did You KNOW...

1. Migraine affects one out of every four females and one of every six males. Because it is more often seen in females, increased symptoms and severity may accompany hormonal changes e.g. menses, oral contraceptives, pregnancy, menopause, etc.
2. Although very common, migraine is classified by the American Academy of Neurology as a neurological disorder and is strongly hereditary.
3. Fifty percent of people with migraine never receive a diagnosis, as they believe that this is “just the way we are in our family” or “doesn’t everyone get headaches?”
4. Many people believe that their headaches or other symptoms are due to food allergies from chocolate, red wine, or coffee or they have a “sinus” headache.
5. There is not a specific “test” which diagnoses migraine, it is usually a diagnosis based on family history and pattern of symptoms.

6. According to the International Headache Society, there are six major categories of migraine and many variations within those divisions.
7. Many types of migraine DO NOT cause a headache at all, but instead cause dizziness, vertigo, nausea, or eye pain and changes in vision.



8. Children, as young as one-year-old, may have a form of vestibular migraine, called Benign Paroxysmal Vertigo of Childhood (BPV-Childhood), causing them to stagger, have dizziness-vertigo and vomiting.
9. Most people (66%) with a history of migraine, also are prone to motion sickness. Vertigo can be more upsetting and difficult for patients who experience migraines.

WHAT SHOULD I DO IF I THINK I MAY HAVE MIGRAINE?

1. Discuss this with your physician or healthcare practitioner. He or she may recommend medications or managing symptoms through changes in diet, lifestyle or activities.
2. In some cases, your healthcare practitioner may refer you, if you are a female, to your OB-GYN to check status of hormone levels, or to a neurologist for further consultation.
3. Maintain a daily diary to look for specific triggers, e.g. food, activities, etc.
4. People with migraine tend to do better if they keep to a regular schedule of sleep, eating meals and stress management. So, if you are traveling or away from home, be mindful that disruption of your regular schedule may be a trigger.

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