

Migraine

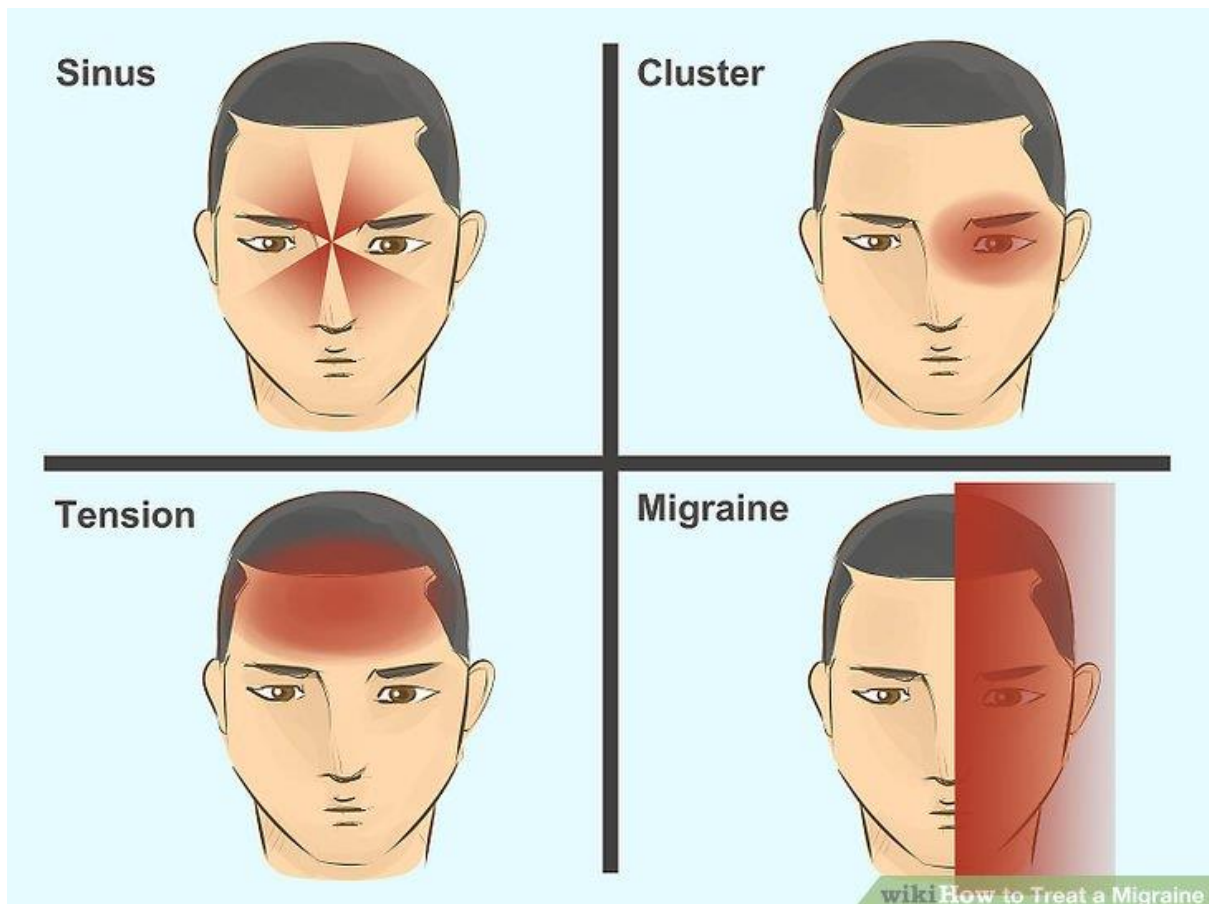
Migraine

Overview

Migraine is a common cause of headache among individuals. This condition is more complex than a simple headache.

It usually involves a severe throbbing headache behind one eye, and nausea and vomiting. An episode can last from a mere few hours to days.

The cause of migraine is not fully understood. A prevailing theory is that the blood vessels in parts of the brain constrict and goes into spasm. These blood vessels then dilate soon after causing the headache. Genetics may also play a role if it happens to several members of the family.



Are there specific tests for migraine?

There are no specific tests to diagnose migraine, but a doctor may require brain scans and blood tests to rule out other causes.

What triggers a migraine?

A wide range of factors can trigger a migraine. For some people, this may include:

- A diet such as chocolate, cheese, citrus fruits, red wine and food containing tyramine
- Psychological factors such as stress and depression
- Excessive dieting
- Environmental such as loud noises and bright lights
- Medications
- Menopause and menstruation

What are the symptoms of migraine?

The symptoms of migraine typically include:

- Nausea or vomiting
- Sensitivity to light and sounds
- Aura

What is an aura?

An aura is a group of symptoms that may happen before an attack. The common aura symptoms are:

- Visual disturbances including flickering spots, flashing lights or blind spots
- Sensory disturbances including smelling something that doesn't exist or numbness of the face, arms or legs

What treatments are available for migraine?

Avoiding triggers are the best option. A doctor may prescribe a painkiller to alleviate the pain. If the attacks are happening too often in a month, daily preventive medication may be recommended.