ONE OF THE TOP DISABLING DISORDERS

MILLION AMERICANS
SUFFER FROM MIGRAINES

They are more common in Women than Men.

SYMPTOMS LAST ANYWHERE FROM

4 TO 72 HOURS

SENSITIVITY TO LIGHT

SOUNDS AND SMELLS

NAUSEA

VOMITING

SOMETIMES VISUAL DISTURBANCES SUCH AS THE APPEARANCE OF BRIGHT SPOTS OR ZIG ZAG LINES



BRIGHT LIGHTS & LOUD NOISE

DEHYDRATION

DIETING

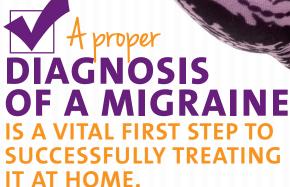
HORMONE CHANGES

ILLNESSES, INCLUDING COLD AND FLU

SOME FOOD & DRINKS

SOME TYPES OF MEDICATION

STRESS





Once diagnosed the following steps CAN HELP MIGRAINE SUFFERERS:



CREATE A PLAN

- Create a plan with your physician.
- Determine what medications are best.



DON'T WAIT

- Don't skip your dosage of preventive medication.
- Don't wait to take medication when migraine symptoms begin.



CHANGE YOUR ENVIRONMENT

- Stay home during a migraine attack.
- Drink plenty of fluids.
- Apply ice packs to forehead, temple or neck.



KNOW WHEN TO SEEK HELP

- There are times when extra help is needed.
- Unusual headaches should be evaluated by a professional.

For more information, visit http://www.premierhealthspecialists.org/familyhealth

SOURCE: Agency for Healthcare Research and Quality (AHRQ); Richard Kim, MD, Clinical Neuroscience Institute; World Health Organization (WHO)

