



Today we discuss... Migraine

Migraines are associated with a spasm of the blood vessels leading to the brain and can last from four hours to three days. They can be experienced from as little as twice a year, or as often as three times a week!

The pain is severe, throbbing and usually on one side of the head. A migraine has different symptoms from other types of headache including:

- Nausea and vomiting
- Sensitivity to light or sound
- Affected vision
- Sensitivity to smell and touch

No one really knows what causes migraine, but it may be an inherited condition. Attacks are almost certainly triggered by a combination of factors, such as:

- Diet - cheeses, chocolate, citrus fruits, alcohol (especially red wine)
- Sleep - too little or too much
- Menstrual cycle
- Excessive heat, light, noise or certain chemicals
- Emotional causes such as stress, excitement or fatigue

If certain food groups are the key trigger, before embracing on any changes to your diet, always seek

advice from your healthcare practitioner. If you remove food groups from your diet, this may result in a nutritionally unbalanced diet, which can lead to further problems. Your healthcare practitioner can suggest other alternatives to ensure you still meet your nutritional requirements.

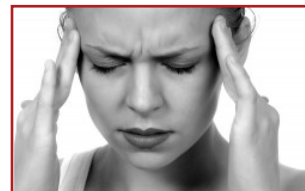
Don't overburden your body with extra stress of late nights, alcohol, excessive caffeine and junk food.

Get good rest and follow a healthy diet. It is a good idea to invest in a good pair of sunglasses. Look for UV protection and polarized lenses that cut down glare.

There is no treatment for migraine, and prevention is difficult. However, there are treatments which can help reduce the number of attacks (this will vary from person to person):

- Medication - including pain relief and medication to alter pressure on blood vessels
- Non-medicated therapies - including acupuncture, relaxation, medication and herbal remedies

The best advice is always from your doctor or neurologist. Talk to them about the best treatment for your migraines.



For more information, visit:
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