

WHAT CAUSES MIGRAINES?

The causes of migraines aren't fully understood but researchers postulate that the changes in brain chemicals – including serotonin, play a role in its occurrence. They also state that environmental and genetic factors have a major contribution to migraines.

Main Risk factors:

- Family history
- Age
- Sex
- Hormonal Changes

Common migraine triggers:

- Emotional state of mind
- Dehydration
- Skipping meals
- Smoking or alcohol use
- Loud sounds

References

American Academy of Neurology
World Health Organization



**IF YOU
EXPERIENCE
MIGRAINE ATTACKS,
VISIT YOUR
HEALTHCARE
PROVIDER OR
COMMUNITY CLINIC
FOR A REFERRAL
TO THE SLBMC
NEUROLOGY
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MIGRAINE
MORE THAN A HEADACHE



SLBMC

NEUROLOGY SERVICE

SYMPTOMS

There are four possible stages: prodrome, aura, attack & post-drome.

Prodrome occurs one or two days prior to the migraine and include: constipation, neck stiffness, mood changes and frequent yawning.

An **aura** might occur before or during migraine:

- Vision loss
- Seeing shapes, bright spots or flashes of light
- Pins and needles sensations in arm or leg
- Hearing noises

The **attack** phase lasts between 4 to 72 hours and include:

- Throbbing or pulsatile headache with moderate to severe pain
- Nausea and vomiting
- Sensitivity to light
- Sensitivity to sound

After the attack phase, a person will often experience the **postdrome** phase. These range from feeling confused and exhausted to feeling elated and euphoric. A brief moment of pain might occur if there is sudden head movement.



ARE YOU SUFFERING FROM MIGRAINE?

Migraine is a neurological condition that affects more than 10 percent of people worldwide and is three times more common in women than in men. Migraine in some women may relate to changes in hormones and hormonal levels during their menstrual cycle.

Although there is no cure for migraine, treatments are available to alleviate the pain. As your healthcare provider tailors your medication to your needs, it may prevent an attack or relieve the symptoms during the attack.



SOME TREATMENT OPTIONS PRESCRIBED:

Pain relievers and preventative medications include:

- Advil
- Ibuprofen
- Paracetamol
- Propranolol
- Amitriptyline
- Sumatriptan

WHAT SHOULD I DO?

Keep a headache diary:

1. Date and time the headache occurred.
2. Duration of headache.
3. Type of pain: dull, aching, throbbing, piercing.
4. Location of pain.
5. Accompanying symptoms.
6. Sleep schedule.
7. Personal triggers of migraine e.g scent, diet, certain medications.
8. History of migraines in your family.
9. Did you bump your head or suffer a head trauma?

