

Title:

Common Questions about Migraine

Word Count:

461

Summary:

The most frequently asked questions about Migraine answered in easy to understand language. A

Keywords:

migraine

Article Body:

How do I know whether this is migraine?

This is the most common question most people are unsure about diagnosis of migraine. Though all

- a. Throbbing headache, often on one side of the head only.
- b. Visual disturbances (blink spots, distorted vision, flashing lights or zigzag patterns)
- c. Nausea and vomiting or diarrhea.
- d. Increased sensitivity to light.
- e. Increase sensitivity to sounds.

The second general rule is that if a headache and other associated symptoms prevent you from c

What are the common triggers?

Migraine is believed to be caused by release of a chemical called serotonin or 5HT into the bl

- a. Emotional stress, e.g., anger, worry, shock, depression.
- b. Physical exertion like over exertion / tiredness change in sleep patterns and traveling
- c. Hormonal changes like menstruation and pre-menstrual period, puberty, menopause.
- d. Environmental like light, loud noise, intense smells, change or climate or smoking
- e. Diet like lack of food or infrequent meals, specific foods like chocolate, citrus fruit
- f. Other triggers like use of sleeping tablets high blood pressure, toothache or other de

Migraine triggers are numerous and varied and occur in combinations peculiar to a individual.

If one of my parents suffers from migraines, is it necessary that I will also have it?

Though it has been seen that migraine does run in families, it is not necessary that children

Migraine is difficult to cure?

Migraine is very much a curable disease as any other disease.

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