How to Know if You’re Experiencing Migraine

Are you one of 40 million Americans living with migraine disease?¹

A migraine attack is different from a headache.

Timeline of a migraine attack.

Prodrome Phase (pre-attack)
Sensory disturbances that affect vision, speech, touch. Not everyone who lives with migraine disease experiences auras.

Headache Phase (during)
Moderate to severe pain in the head, face or upper neck. Light, smells, sounds and movement can worsen the pain. Not everyone with migraine disease develops this type of pain.

Aura Phase (before or during)
Sensory disturbances that affect vision, speech, touch. Not everyone who lives with migraine disease experiences auras.

Postdromal Phase (after)
The pain has passed, but many people may experience confusion, exhaustion, the feeling of being in a “funk” (depressed or apathetic).

Dizzy? Pain in the gut? You might have migraine disease.

Speak with your healthcare provider to learn about preventing or decreasing migraine symptoms using SEEDS for Success.

3 times as many women as men²

Vestibular Migraine
A nervous system problem that causes vertigo, blurred vision in people with a history of migraine.

Abdominal Migraine
Stomach pain, nausea, vomiting. Most diagnosed in children, but the disease often evolves into the more common migraine headaches.

Self-Diagnosed Sinus Headache
Forehead/facial pressure, runny nose/head congestion. Nearly always migraine (90% of the time).

Migraine That Mimics Fibromyalgia
A condition marked by chronic pain. Fatigue, chronic all-over body pain, severe headaches.

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Sleep
Use your bedroom as a cue for sleep.

Eat healthy well-balanced meals within 3–60 minutes before bed. Avoid skipping meals.

Exercise
Start small and slowly increase duration and frequency to make it a habit.

Diary
Track your headaches in a migraine diary — use a calendar, agenda or app. Bring the diary to your follow-up for your doctor to review.

Stress
To help manage migraine, consider the following techniques:

To learn more about migraine management, visit HealthyWomen.org.

This resource was created with support from Allergan Foundation and Bausch Foundation.


⁴“SEEDS for Success: Lifestyle Management in Migraine,” Cleveland Clinic Journal of Medicine, https://www.ccjm.org/content/86/11/741