

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.

Headache

Pain in the head, face or upper neck. Can have causes that aren't due to underlying disease.



Tension Headache

Caused by muscle contractions in scalp or neck. Pressure, dull pain. Slow onset.



Migraine Attack

The result of a neurological disease that involves nerve pathways. Includes sensitivity to light, sounds or smells. Nausea or dizziness.



Timeline of a migraine attack.

Aura Phase (before or during)

Sensory disturbances that affect vision, speech, touch. Not everyone who lives with migraine disease experiences auras.

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Prodrome Phase (pre-attack)

Hours or days before a migraine attack. Painless, but may involve a stiff neck, mood swings, food cravings.

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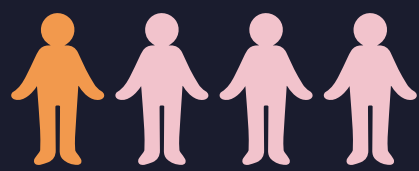
Headache Phase (during)

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.

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Postdromal Phase (after)

The pain has passed, but many people may experience confusion, exhaustion, the feeling of being in a "funk" (depressed) or euphoric.



3 times as many women as men²

experience the pain and disability of migraine, but many of them go undiagnosed or misdiagnosed because their symptoms don't seem like "typical" or "classic" migraine symptoms.



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

Vestibular Migraine

A nervous system problem that causes vertigo (dizziness) in people with a history of migraine

Self-Diagnosed Sinus Headache

Forehead/facial pressure, runny nose/nasal congestion. Nearly always migraine (90% of the time³)

Abdominal Migraine

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

Migraine That Mimics Fibromyalgia (A condition marked by chronic pain)

Fatigue, chronic all-over body pain, severe headaches

Speak with your healthcare provider to learn about preventing or decreasing migraine symptoms using SEEDS for Success.⁴



Use your bedroom as a cue for sleep
Dark and cool room, quiet ± white noise machine, no screen (TV, phone, tablets)
Planned bedtime and wake-up, no naps, get out of bed if not sleeping



Start exercising with a goal of 30–60 minutes 3–5 times a week
Start small and slowly increase exercise duration and frequency to make it a habit
Choose an activity you enjoy since no one type of exercise is best



Eat healthy well-balanced meals at least 3 times a day; avoid skipping meals
Stay hydrated, aiming for 7–8 glasses (8 oz) of water per day
Stop caffeine or consistently consume less than 1–2 cups of brewed coffee per day
Aim for optimal weight



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
Rescue medications should be used fewer than 2 days per week to avoid a rebound headache called "medication-overuse headache"



To help manage migraine, consider the following techniques:
Cognitive behavioral therapy, mindfulness, biofeedback, and relaxation techniques like visualization or progressive muscle relaxation

To learn more about migraine management, visit [HealthyWomen.org](https://www.healthywomen.org).

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

¹"Migraine Facts," Migraine Research Foundation, <https://migraineresearchfoundation.org/about-migraine/migraine-facts/>

²"Migraine in Women," American Migraine Foundation, <https://americanmigrainefoundation.org/resource-library/migraine-in-women/>

³"Sinus Headaches," American Migraine Foundation, <https://americanmigrainefoundation.org/resource-library/sinus-headaches/>

⁴"SEEDS for Success: Lifestyle Management in Migraine," Cleveland Clinic Journal of Medicine, <https://www.ccm.org/content/86/11/741>

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