

# A GUIDE TO THE TREATMENT OF Migraine

## What is Migraine?

Migraine is a common neurological disorder characterized by recurrent attacks of moderate to severe headache, often with associated symptoms such as nausea, vomiting, and sensitivity to light and sound. The pain is typically unilateral and pulsating in nature. The exact mechanism of migraine is still unclear, but it is believed to involve abnormal brain activity and the release of certain neurotransmitters.

## What Causes Migraine?

The exact cause of migraine is still unknown, but it is thought to be a combination of genetic and environmental factors. Some people have a family history of migraine, suggesting a genetic predisposition. Environmental factors such as stress, changes in weather, and certain foods can also trigger migraines.

| Factor      | Effect                              |
|-------------|-------------------------------------|
| Genetics    | Family history of migraine          |
| Stress      | Triggers migraine attacks           |
| Weather     | Changes in barometric pressure      |
| Foods       | Cheese, chocolate, alcohol          |
| Medications | Birth control pills, nitrates       |
| Exercise    | Over-exercising or under-exercising |
| Sleep       | Irregular sleep patterns            |
| Smoking     | Increases risk of migraine          |

## How is Migraine Diagnosed?

Migraine is typically diagnosed based on a patient's history and symptoms. A doctor will ask about the frequency and duration of the headaches, as well as any associated symptoms. There are no specific tests for migraine, but imaging studies like CT or MRI scans may be used to rule out other conditions.

The International Classification of Headache Disorders (ICHD) provides criteria for diagnosing migraine. The criteria include:
 

- At least five attacks of headache with at least two of the following characteristics: unilateral, pulsating, moderate to severe pain, or aggravated by routine physical activity.
- At least one of the following symptoms: nausea or vomiting, photophobia, or phonophobia.
- Duration of individual attacks is between 4 and 72 hours.
- There is no evidence of another disorder that could better account for the headaches.

## What are the Types of Migraine?

Migraine can be classified into several types based on the presence of aura and the frequency of attacks. The most common type is migraine without aura, followed by migraine with aura. Other types include chronic migraine and vestibular migraine.



## How is Migraine Treated?

Migraine treatment typically involves a combination of lifestyle changes, over-the-counter medications, and prescription drugs. Lifestyle changes such as stress management, regular sleep, and avoiding triggers can help reduce the frequency and severity of attacks. Over-the-counter pain relievers like ibuprofen and acetaminophen can provide temporary relief.

Prescription medications include triptans, which are specifically designed to treat migraine attacks. They work by constricting blood vessels and blocking pain signals. Other prescription options include anti-nausea medications and beta-blockers for prevention.

For chronic migraine, preventive treatments are used to reduce the number of attacks. These include beta-blockers, calcium channel blockers, and antiepileptic drugs. In some cases, botulinum toxin injections or onabotulinumtoxinA (Botox) may be used for prevention.

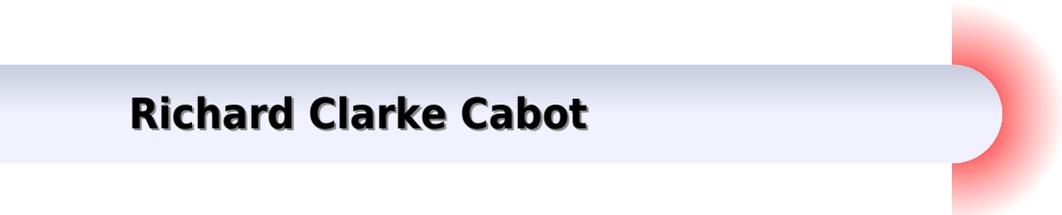
Emerging treatments for migraine include CGRP (calcitonin receptor-like receptor) antagonists, which block the action of CGRP, a neurotransmitter involved in migraine. These medications have shown promising results in clinical trials and are becoming increasingly used in the treatment of migraine.

## What are the Risks of Migraine?

Migraine is generally considered a benign condition, but it can have significant impacts on a person's quality of life. Chronic migraine, where attacks occur on 15 or more days per month, can be particularly debilitating. In some cases, migraine is associated with other health conditions, such as depression and anxiety.

# Diseases Explained Migraine Wall Chart

**Richard Clarke Cabot**



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**Neuro-ophthalmology** Joel S. Glaser,1999 The completely revised updated Third Edition of this acclaimed reference is a comprehensive current and thoroughly illustrated guide to the diagnosis and management of neuro ophthalmologic disorders Written by experts in neurology ophthalmology and otorhinolaryngology the book covers all common and rare conditions affecting the ocular motor and visual sensory systems The contributors offer detailed guidelines on the clinical use of neuroimaging and other contemporary diagnostic techniques This edition includes a new chapter on the dizzy patient

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*Drug-induced Nutrient Depletion Handbook* Ross Pelton,James B. Lavalley,2001 This work contains a complete and up to date listing of all drugs known to deplete the body of nutritional compounds Alphabetically organized 150 drugs that cause nutrient depletion are identified and cross referenced to more detailed descriptions of the nutrients depleted and their actions Symptoms of depletion and sources of repletion are also included The appendices include a quick reference drug induced nutrient depletion table along with details on food drug interactions and herb nutrient depletions *Drug Information Handbook 2002-2003* Charles Lacy,Lora L. Armstrong,Morton P. Goldman,Leonard L. Lance,2002 The Drug Information Handbook 11th Edition allows immediate access to comprehensive data on clinical medication use The 11th edition covers 4 900 U S and Canadian medications and includes 1 350 monographs Searching is easy with the concise dictionary like format alphabetical listings and cross references of brand and generic medications The Handbook is also available for the PDA Featuring Up to 34 key fields of information per drug monograph Interaction information separated into the following categories Cytochrome P450 Effect Increased Effect Toxicity Decreased Effect and Ethanol Nutritional Herb Interactions Labeled and unlabeled investigational indications Pharmacokinetics Dynamics information Adverse Reactions by percentage of occurrence Pregnancy Breast Feeding Implications *Drug Information Handbook for Psychiatry* Matthew A. Fuller,Martha Sajatovic,2002 A comprehensive reference of psychotropic non psychotropic and herbal agents Includes Effects on Mental Status and Effects on Psychiatric Treatment **Differential Diagnosis ...** Richard Clarke Cabot,1919 **Caffeine** Victor R Preedy,2015-10-09 Caffeine is known to stimulate the central nervous system but what other functions does it have This book covers the latest scientific knowledge in a uniquely structured format and is specifically designed to link chemistry with health and nutrition to provide a broad appealing book Coverage begins with caffeine in relation to nutrition focussing on beverages then concentrates on chemistry crystal structures of complexes in

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**Advances in Healthcare Technology** Gerhard Spekowius, Thomas Wendler, 2006-07-06 Improving healthcare and staying healthy is one of the most discussed and important issues in our society Technology has played and will play an important role in many aspects of the healthcare system and it offers new and better ways to solve the key health problems of the new century This book describes valued contributions of technology for improving hospital and home healthcare and gives a perspective on how they will influence critical aspects of future medical care It provides an overview and discussion of trends presents the state of the art of important research areas and highlights recent breakthrough results in selected fields giving an outlook on game changing developments in the coming decades The material is arranged in 6 parts and a total of 31 chapters The healthcare areas addressed are General advances and trends in healthcare technology diagnostic imaging integration of imaging and therapy molecular medicine medical information technology and personal healthcare

Differential diagnosis v. 1 Richard Clarke Cabot, 1915 **Hypertensive disorders of pregnancy and the cardiovascular system: Causes, consequences, prevention and therapy** Edoardo Sciatti, Federico Prefumo, Rossana Orabona, Chahinda Ghossein-Doha, 2023-04-27 *The American Journal of Obstetrics and Diseases of Women and Children*, 1908 *Experiencing and Explaining Disease* Open University, Open University. U205 Course Team, 1985 Experiencing and Explaining Disease examines the different accounts of disease causation produced by research in epidemiology biology and sociology and the different meanings attached to states of illness by doctors patients and the media It explores the ways in which prevailing social norms affect the status of the sick person and seeks explanations for the stigmatisation that discriminates against people with certain conditions while others are considered innocent victims of disease These themes are developed in five case studies of highly contrasting conditions rheumatoid arthritis HIV and AIDS asthma schizophrenia and chronic pain These case studies illustrate the complex difficulties for lay people and professionals in explaining and managing the disease and the physical social and emotional dimensions of the illness experience This book will be an invaluable text for students of health studies social work social policy the social sciences medicine nursing and other health

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