

Everything that you need to know in order to

Get rid of
these damn
headaches!

**Eliminate Migraines
FOREVER!**

-Angel Slick.

Do I Have Migraine Headaches?



If you have headaches and are wondering if they could be migraine headaches we can probably help you figure that out. There are some very distinctive characteristics of migraine headaches that can differentiate migraines from other types of headaches such as tension headaches, stress headaches, cluster headaches or other types of headaches.

Migraine headaches are more often than not one-sided, meaning the pain is felt on only one side of the head. Most of the time the pain of a migraine headache can be felt in the temple area or behind one of the eyes or ears. Migraine headaches can become severe and disabling. Nausea is a common symptom of this type of headache as is vomiting or sensitivity to light or sound. About 20% of patients with migraine headaches experience an aura. An aura is a disturbance in vision that can consist of bright blinking colored lights that move across the field of vision.

Migraine headaches can become chronic in nature. When they are chronic the patient most commonly experiences them once or twice a month. However, in some instances migraine headaches can occur as often as once or twice a week. Migraine headaches affect people between the ages of 15 and 55 and are more common in women than in men. Migraines affect women about 3 times as often as men.

Migraines affect about 30 or 40 million Americans, but they are less common than tension headaches. It is estimated that about 75% of all headaches are tension headaches. Tension headaches are typically characterized by a dull pain over the entire head while migraines are usually throbbing in nature and located in one particular spot. In other words, tension-type headaches are a constant dull pain while migraines throb like the beating of the heart.

Chronic tension headaches can occur every day while chronic migraine headaches occur less often, usually once a week to once a month. Fatigue and stress can cause both types of headaches, but migraine headaches can be triggered by other factors such as different types of food. Migraine headaches can sometimes be helped by eliminating these triggers. Foods that may lead to migraines include cheese, alcohol, MSG (monosodium glutamate), nuts, beans, caffeine, chocolate, onions and others. Eliminating the trigger may eliminate the migraines.

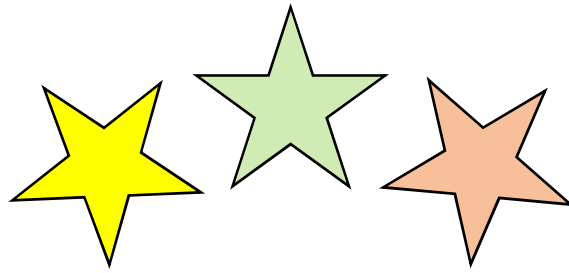
Cluster headaches are far less common than either migraine headaches or tension-type-headaches. Men are about six times more likely than women to experience cluster headaches. The pain of a cluster headache starts quickly, without any warning, and typically reaches its peak between two and fifteen minutes.

The pain of a cluster headache can be extremely intense, deep and explosive. Migraines are usually “pulsing” while clusters are not. Between 10 and 20 percent of cluster patients have “ice-pick” or “stabbing” pain around the eyes. This stabbing pain typically lasts for a few seconds, but can occur several times in succession. When this sudden attack of intense pain occurs it usually means that the headache is near its end.

For natural migraine headache relief, it is often beneficial to relax and rest. Sometimes lying in a dark room with an ice pack on the base of the skull can reduce the pressure that is felt in the head. The same treatment can also help tension or stress headaches. Reducing stress can go a long way to relieving many headache symptoms.

If you experience chronic headaches and over-the-counter medication or natural remedies do not help it may be wise to consult a physician.

Seeing Stars?



Migraines are thought to be caused by the dilation and constriction of arteries in the head. These can be extremely painful headaches. The pain is often limited to one side of the head, and may be accompanied by nausea and vomiting.

Most often, visual migraine, just like regular migraine headaches, can be brought about by stress, fatigue and changing estrogen levels. It occurs more often in females and more often during adolescence and menopause. On rare occasions these visual attacks are associated with other more serious problems.

Ocular or visual migraine is the most common type of migraine. It is believed to be caused by the same problem that leads to classical migraine: vascular spasm. Instead of the spasm affecting the surface of the brain, these episodes affect the ocular blood supply or the blood supply to the vision center in the brain. Generally, people don't associate this visual distress with migraine because migraine is commonly associated with headaches. But one can have a visual migraine with no headache at all (although 40-50% of visual migraines are associated with a mild headache shortly after the vision clears.)

The symptoms for ocular migraines include blurred vision usually more on one eye. The blurriness is unique because there might be an awareness of something happening in the blurred area, like shimmering, or flashes, or heat waves rising off a hot roadway. This kind of blurriness is called a positive scotoma (blind spot). It is termed as positive because there is something happening in the blind spot that we see. It typically begins in the peripheral vision, and usually consists of a semi-circular, jagged, shimmering light, which enlarges and becomes more central. After ten to thirty minutes, the disturbance just fades away. The visual disruption is caused by spasm and dilatation of small blood vessels in the part of the brain where vision is processed. The sufferer may or may not feel a mild headache over the brow area after the disturbance. Many ocular migraine sufferers complain only of fatigue after the visual disturbance.

In many cases, migraines are believed to be brought on by stress. "Friday night" headache often follows the stress relief of a frenetic week during which the blood vessels in the head relax and constrict. Visual migraines usually occur after extended periods of reading, watching television, computer work, or other close work that requires the eyes. This type of headache usually disappears after a period of rest. In some cases, headaches may be caused by eyestrain related to eyeglasses.

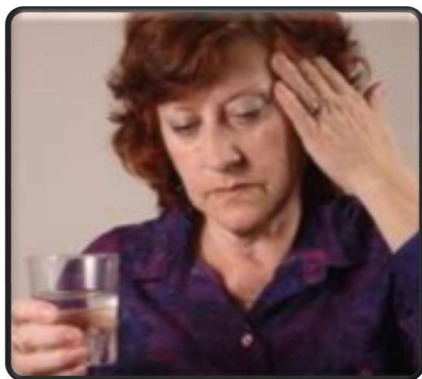
Doctors will routinely record a complete history and perform thorough physical checking to rule out systemic causes of the migraine. Ophthalmologists should be consulted to verify that no eye-related problems are bringing on the headache. Stress relief, control of blood pressure, or medications to maintain appropriate hormone levels may also be necessary. New glasses or different work lighting may be also prescribed by your doctor. Proper care of the body, a well-balanced diet, proper lifestyle choices and regular exercise may also help reduce visual migraines.

In these busy times, we may take persistent headaches for granted. After all, we are living in an environment where stress is nothing out of the norm. But don't be too careless, if you feel something wrong, be it a simple headache, or a short dizzy spell, consult a health professional immediately for proper medical evaluation.

Migraine Headaches Be Gone!

Twenty-Four million people in the United States alone suffer from migraines. A migraine is typically a throbbing or pulsing headache, often focused on one side of the head, and associated with nausea, sensitivity to light and sound, as well as certain smells. Attacks are typically recurring, and can be less severe as the migraine sufferer ages.

Migraines can occur at any age, but typically begin between the ages of 10 and 40. While some people experience several migraines a month, a select few only have a few migraines throughout their lifetime. Nearly 75% of migraine sufferers are women. Though migraines can happen at any time, some women experience migraines just prior to or during menstruation. These migraines, called menstrual migraines, are related to hormonal changes and often do not occur during pregnancy. Meanwhile, some women only develop migraines for the first time during pregnancy, or even after menopause.



The actual cause of a migraine is unknown. It is believed, however, that the condition results from a series of reactions in the central nervous system, usually caused by changes in the body or in the environment. Migraines often appear to be inherited, as there is often a family history of the condition. These migraine sufferers may inherit the sensitivity to triggers that produce inflammation in blood vessels and nerves around the brain, which cause pain.

The signs and symptoms of migraine pain are often intense and severe, described by throbbing or pulsating pain that only gets intensified by routine physical activity, coughing, straining, or even moving the head. These headaches can often get so severe that they interfere with the day-to-day activity of a person. Sleeping migraine sufferers can be awakened by the attack, which can also cause a numbing sensation in hands and lips, as well as interfere with eyesight and vision for the duration of the attack. Migraines can be

so debilitating – causing sufferers to feel tired and weak even long after the migraine has passed.

Migraines typically begin in a specific area, usually on one side of the head, and can spread and build in intensity over a course of a few hours, then gradually subside. They can last an entire day, or in some extremely severe cases, several days.

The problem with migraine symptoms is that they are as varied as the individual sufferer. The strange sensations, such as tingling or the feeling of numbness, are known as auras, and can start anywhere from ten to thirty minutes before the migraine pain actually sets in.

Migraine treatment is possible. Knowing what triggers your migraines and avoiding them is one of the best ways to avoid a migraine. Treating acute attacks as they appear is crucial. Talking to your doctor, who may prescribe regular use of a preventative medication can also be the way to go. Over the counter treatments for migraines can be helpful, as well as resting or sleeping in a completely dark and quiet place.



Visual Stimuli Can Lead to Migraines

Sight is the sense that human minds get the most information about their environment out of. While we may not entirely retain all of that rich information, it nonetheless stands that visual information forms the core of how we recall details and perceive reality. So when visual information is constricted, cut off, or downright unintelligible, things happen. Due to the reliance of the typical human psyche on visual information, as well as a number of things in modern life, over stimulation of the eyes can be a problem that might end in visual migraines.



Visual migraines are basically a migraine that was induced by some sort of visual stimuli, and is generally relived by your usual array of migraine relief medications. However, the causes of visual migraines can vary more than the average migraine, as this variant of migraine tends to be caused more by how the brain burns itself out interpreting visual signals than more typical factors.

Visual stimuli nowadays can go from one extreme to another, particularly in what some circles address as “non-traditional” art mediums. The use of exceedingly bright colors and flashy visual effects in movies, video games, and even website layouts can sometimes lead to visual migraines, particularly if the exposure has been for a prolonged period. There are a number of ways for visual stimuli to cause visual migraines, though most reports tend to focus on bright lights and flashy CGI effects found in movies and video games.

One particular incident incorrectly attributed to visual migraines involved the Japanese version of the popular children’s cartoon “Pokemon”. Initial reports specifically stated that some of the show’s effects caused seizures, though some have referred to the effects as migraines. Similarly, unofficial statistics in Japan have cited a number of shows on Japanese TV, particularly some of the more male-oriented and action-themed anime, as having migraine-inducing special effects. Of course, due to the nature of these statistics, most pharmaceutical companies have not taken much notice of this in their migraine relief advertising campaigns.



In general, visual stimuli that causes people to seek migraine relief has a tendency to come in the form of unconventional patterns or certain abstract data. While a Picasso might not cause the need for migraine relief, to a degree, some of the more extreme examples of modern art have been held responsible. Other examples of visual stimuli that has people reaching for migraine relief after a few minutes of exposure include the occasional deliberate attempt to induce one. This is typically done by placing an already visually complex picture, such as an abstract painting, and superimposing an unconventional figure into the painting itself. The result usually, but not always, results in a migraine.

Interestingly, migraine relief for this sort of problem is often purchased by people in the accounting field. This is often attributed to the nature of the visual stimuli involved in their work. Spreadsheets are notorious for causing a number of vision-related problems, with migraines being one of them

Hence, migraine relief medications, as already stated, do help in getting rid of visual migraines. These drugs are readily available at most drug stores and are effective regardless of what the nature of the migraine is.

Imitrex Can Now Be Bought Online



People who suffer the acute pain of migraine headaches may find relief with Imitrex.

In 1992 the FDA approved Imitrex the first drug in a class known as triptans. This class of drugs marked a huge sign of relief for headache sufferers. Unlike some previous drugs that dulled the perception of pain, triptans stop the pain by narrowing blood vessels in the brain and reducing inflammation.

The triptan class of drugs, that includes Imitrex as well as Amerege, Zomig and Maxalt, acts on specific serotonin receptors in the brain and relieves headache,

nausea and light sensitivity soon after onset. To ensure they are not vomited, triptans can be found as nasal spray, injection and pills.

Migraines typically create throbbing pain on one side of the head that can last for hours or even days. They also are known as vascular headaches because they are associated with constriction of blood vessels outside the brain and in the face, neck, and scalp. Migraines usually stay with you all throughout your life. The use of Imitrex helps relieve the pain and if taken right away can stop migraines cold.

Recent estimates of the number of Americans who have migraines vary widely from 11,000,000 to 23,000,000 individuals. They are much more prevalent in women, up to three times more so than in men.

About 70% of women who suffer from migraines report that they get them only in association with their menstrual periods or ovulation. Migraine headaches are common in children in equal numbers among boys and girls, up to the age of 14. They may be inherited; about half of migraine patients have a parent who had them.

Imitrex was the first drug produced to attach migraines. It is used by nearly 13 million people to treat about 300 million attacks; it is available in the U.S. in three forms: **subcutaneous injection, nasal spray, and oral tablet.**

Although Imitrex is effective in alleviating pain in a high proportion of patients, it is not a cure for migraines but only a relief agent. In addition, people with underlying heart disease should not take this drug because it may constrict coronary arteries. Its side effects include a mild, short-lived rise in blood pressure, fatigue, and drowsiness.

In two clinical trials held within the United States, more than 1,000 patients with acute migraine headaches were given a 6-milligram injection of Imitrex. It relieved the pain in 75 percent of the patients within one hour. Some of them actually had relief within 10 to 30 minutes, and 80 percent of the patients felt pain relief after two hours.

Most headaches can be successfully treated with over-the-counter pain relievers. Now one can even buy imitrex online without taking the headache of going to market. But you should seek professional help for headaches if they persist or get worse or if the headaches are keeping you from work and social activities. You should also see a doctor if you've never had headaches before and you start having them, if you get headaches upon exertion or if headaches are accompanied by a stiff neck, fever or neurological symptoms like dizziness or blurred vision. For more information, contact the National Headache Foundation at (888) 643-5552, www.headaches.org/consumer/.

The Four Phases of Migraines



Migraines are a neurological disease, of which the most common symptom is an intense and disabling episodic headache. Migraines are usually characterized by severe pain on one or both sides of the head and are often accompanied by hypersensitivity to light, hypersensitivity to sound and nausea.

The signs and symptoms of migraine vary among persons. Therefore, what a person experiences before, during and after an attack cannot be defined exactly. The four “signs and symptoms” below are common among persons but are not necessarily experienced by all migraine sufferers:

1.The prodrome, which occurs hours or days before the headache.

Prodromal symptoms occur in 40% to 60% of migraineurs. This phase consists of altered mood, irritability, depression or euphoria, fatigue, yawning, excessive sleepiness, craving for certain food (e.g., chocolate), and other vegetative symptoms. These symptoms usually precede the headache phase of the migraine attack by several hours or days and experience teaches the person or observant family that the migraine attack is near.



2.The aura, which immediately precedes the headache.

The migraine aura is comprised of focal neurological phenomena that precedes or accompany the attack. They appear gradually over 5 to 20 minutes and usually subside just before the headache begins. Symptoms of migraine aura are usually sensory in nature.

Visual aura is the most common of the neurological events. There is a disturbance of vision consisting usually of unformed flashes of white or rarely of multicolored lights (photopsia) or formations of dazzling zigzag lines (arranged like the battlements of a castle, hence the term fortification spectra or teichopsia).



Some persons complain of blurred or shimmering or cloudy vision, as though they were looking through thick or smoked glass. The somatosensory aura of migraines consists of digitolingual or cheiro-oral paresthesias, a feeling of pins-and-needles experienced in the hand and arm as well as in the ipsilateral nose-mouth area. Paresthesia migrate up the arm and then extend to involve the face, lips and tongue.

3.The headache phase.

The typical migraine headache is unilateral, throbbing, moderate to severe and can be aggravated by physical activity. Not all of these features are necessary. The pain may be bilateral at the onset or start on one side and become generalized, usually alternates sides from one attack to the next.

The onset is usually gradual. The pain peaks and then subsides, and usually lasts between 4 and 72 hours in adults and 1 to 48 hours in children. The frequency of attacks is extremely variable, from a few in a lifetime to several times a week, and the average migraineur experiences from one to three migraines a month.

The head pain varies greatly in intensity. The pain of migraines is invariably accompanied by other features. Anorexia is common, and nausea occurs in almost 90 percent of persons, while vomiting occurs in about one third of persons.

Many persons experience sensory hyperexcitability manifested by photophobia, phonophobia, osmophobia and seek a dark and quiet room. Blurred vision, nasal stuffiness, diarrhea, polyuria, pallor or sweating may be noted during the headache phase. There may be localized edema of the scalp or face, scalp tenderness, prominence of a vein or artery in the temple, or stiffness and tenderness of the neck. Impairment of concentration and mood are common. Lightheadedness, rather than true vertigo and a feeling of faintness may occur. The extremities tend to be cold and moist.



4.The postdrome.

The person may feel tired, “washed out”, irritable, listless and may have impaired concentration, scalp tenderness or mood changes. Some people feel unusually refreshed or euphoric after an attack, whereas others note depression and malaise.

The information presented here should not be interpreted as medical advice. If you or someone you know suffers from migraines, please seek professional medical advice for the latest treatment options.



Acupuncture Can Help Treat Migraines



Acupuncture can help treat migraines. This was discovered after a comparative study was done with conventional medical care. In some cases, it even prevents it from happening which helps improve the quality of life for the patient.

To understand how acupuncture helps migraine sufferers, you have to understand that in traditional Chinese medicine, it is believed that an imbalance in the flow of blood and energy causes this to happen.

In order to treat it, the specialist must relieve the tension by inserting needles into the body to improve the blood flow to the brain thus reducing the pain experienced during an attack.

The needles used helps the body balance the serotonin levels since it is a neurotransmitter that affects blood vessels and has a role to play in migraines. In fact, the more frequent these sessions are the better. It may even come to a point where the specific point of contact is no longer needed but the general stimulation itself.

The end result of undergoing acupuncture is amazing. If you experience 15 to 20 days of agonizing pain, this may be count down to only 8 days. You won't even need to use that much medication anymore as before.

Acupuncture has been practiced in the United States for more than 2 decades. Although tests have shown how effective it can be to treat chronic conditions and certain addictions, more studies need to be done to see where else it can be useful.

Although one test has proven that acupuncture can help migraines, other tests will also have to be done to prove if this is true. Until such time that other results are published, patients will have to rely on conventional medicine that is prescribed by a doctor.

But you don't have to wait for the results to come out. If you think it is worth a try, go for it. Just ask for a referral from your doctor as there are many practitioners who have accepted the fact that alternative forms of medicine can also help a patient.

You can also find someone online. You can be sure they are certified if they are recognized by the National Certification Commission for Acupuncture and Oriental Medicine.

Aside from that, you should also make some lifestyle changes as there are trigger factors that have been known to cause migraines. Stress is number one on the list so you get enough rest and exercise as well as a balanced diet.

Patients who are suffering from migraine should also check if acupuncture is covered by their HMO. Most insurance providers and HMOs now cover all or part of the cost but there are sometimes restrictions, so you should check what is covered by your policy.



New Help for Menstrual Migraines



Women are three times more likely to have migraines than men. This differential does not begin until the females' reach puberty. Sixty per cent of women have migraines related to the menstrual cycle. About fourteen per cent have migraines purely coordinated with menses. Could menstrual related migraines be solely linked to estrogen? That would be like saying migraines are only headaches. We now know migraines are much, much more than headaches. Menstrual related migraines are much more than estrogen fluctuating in the body. Serotonin, prostaglandin, norepinephrine, melatonin, and other chemical levels fluctuate with the menstrual cycle. Each plays some role in menstrual related migraines.

Menstrual migraines usually start between two days before the onset of menses and two days after the onset of menses. A simple option is to take naproxen 500 mg twice a day WITH FOOD during these five days. It is important to take anti-inflammatory medicine with food to help prevent stomach ulcer formation. Do not take if you have a history of ulcers, bleeding problems, or allergy to aspirin. Naproxen will not only help prevent migraines, but it will also help reduce cramping. Certain over-the-counter supplements can be helpful.

Triptans are medicine used to stop migraines. As a general rule, triptans are not used to prevent migraines. Nevertheless, in menstrual migraines, using triptans may be helpful and are given once or even two or three times a day during the five-day window of greatest problems.

