MIGRAINE AWARENESS

Migraine is a complex neurological disorder

What is migraine?

Pain is often described as an intense pulsing or throbbing in one area of the head.

Who gets migraine?

15.3% of adult Americans

3x more common in women

11th leading cause of disability in US

Research at the NIH

Understanding migraine, treatment, and prevention
https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page

Complementary health approaches (e.g., mindfulness, acupuncture)

Migraine Trainer®: an app to track migraines and health habits
https://newsinhealth.nih.gov/2019/08/migraine-trainer

Common triggers/exacerbating factors

- Aura (e.g., visual disturbances)
- Nausea and/or vomiting
- Sensitivities to light and/or sound
- Bright lights
- Stress
- Anxiety
- Lack of sleep
- Hormonal changes
- Lack of food
- Diet
- Dehydration

References

2) https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page
3) https://www.thelancet.com/lancet/visualisations/gbd-compare