

Migraines affect approximately 30 million sufferers today. Anyone can develop migraines no matter if they are an adult or child, or male or female. The headaches associated with migraines can be very disabling to the people suffering from them. They can cause a person whole way of life to change with no advance warning. Anyone having reoccurring or persistent headaches should contact their doctor to be checked to see if they have migraines and get proper treatment. If you are going to make an appointment with a doctor for headaches make sure you see a doctor that is sympathetic to people who suffer from headaches and also stay current on headache treatments. There are no blood tests to check for diagnoses of migraines. The doctor will have to do a physical examination. The exam will include the head, neck, a neurological exam which consists of testing your strength, reflexes, coordination, and sensations.

A migraine is common type of headache that often occur with symptoms such as:

1. Nausea
2. Vomiting

Many sufferers may have a throbbing pain on one side of their head. Some people may have pre warning symptoms. These are called an aura. An aura is a group of symptoms that may occur before the actual headaches begin. They are usually visual disturbances that serve as a warning that a headache is about to develop. Headaches with aura have been linked to strokes. 2-3 times the amount of sufferers with aura are more likely to develop a stroke. Most headache sufferers develop headaches without any warning signs.

People that suffer from migraines can develop multiple symptoms before and during a headache.

Some of the symptoms may be: sensitive to light or sound, blurred vision, seeing stars, pain from simple things like clothing, or jewelry. Sufferers tend to be very sensitive to different kinds of stimuli. Symptoms can differ between different people.

Migraines can be treated in many different ways. There are medications prescribed by doctors, or there are different things you can do in your own home. Also over the counter medications you can buy without a prescription at most stores or pharmacies. In order to figure out type of treatment would be the best for your specific symptoms you will need to find out what is the leading factor associated with the cause of your migraines. These are also called triggers. There are many different triggers that can cause people to have migraines.

Some triggers may be:

1. Different foods.
2. Weather
3. Specific activity
4. Aroma
5. Stress
6. Menstrual cycle
7. Bright lights
8. Loud noises
9. Smoking or being exposed to smoke

It is still unclear today the exact chain of events that cause people to suffer from severe headaches. About 11 out of every 100 people develop migraines. They tend to start between

the ages of 10 and 46 and may even be hereditary. They do however occur in females more often than males. When woman become pregnant the pregnancy can reduce the amount of migraines she develops. 60% of women that have histories of migraines have fewer headaches during their last two trimesters of their pregnancies. Migraines may also last for 6 to 48 hours.

The easiest treatments to obtain are the over the counter medications like:

1. Excedrin Migraine – contains a combination of caffeine, aspirin, and acetaminophen.
2. Advil Migraine – contains ibuprophen
3. Motrin Migraine – contains ibuprophen and may help ease menstrual cramps as well

People using Excedrin Migraine achieved the affects of 70%relief.

Another form of treatment is prescription drugs that can only be obtained by going to a doctor. A study done in 2002 showed that over 800,000 migraine cases were not treated according to any expert specifications or preferences what so ever. The studies also showed that 30% of the headache suffers treated were treated with medications that have a potential to become addictive like: Opiods. The most dispensed opiod was Demerol. Actually 70% of those suffering from headaches were not even advised or given the option of obtaining an actual anti migraine drug. The drugs that were dispensed to be used for their suffering were anti nausea drugs that have no affects on headaches. These drugs were being used 6 times more often than actual headache medications.