Migraine – symptoms, triggers and treatment [1]

Symptoms

A

- Recurrent headache attacks persisting for 4 to 72 hours
- Pulsating “one-sided headache”

In 20-30% of cases there are added perception disturbances (aura) [2]. These typically include seeing zig-zag patterns.

- Sensitivity to light and noise
- Nausea, general feeling of illness

Triggers

B

- Menstruation
- Alcohol consumption
- Current or previous stress situations
- Caffeine withdrawal
- Change in sleeping-waking rhythm, “weekend migraine”
- Change in weather

Prevention

C

- Relaxation techniques
- Acupuncture
- Preventive medication [2], e.g. beta-blockers, calcium channel blockers or anti-epileptics

Treatment

D

- Sensory deprivation in darkened, low-noise room
- Local ice treatment
- Medicines [2] for nausea and mild painkillers in mild to moderate attacks
- Triptans in severe attacks (2 per day / 3 days in a row, only if less than 10 attacks per month)

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## A Symptoms

| Recurrent headache attacks persisting for 4 to 72 hours |
| Pulsating “one-sided headache” |
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| Sensitivity to light and noise |
| Nausea, general feeling of illness |

## B Triggers

| Menstruation |
| Alcohol consumption |
| Current or previous stress situations |
| Change in sleeping-waking rhythm |
| Caffeine withdrawal |
| Change in weather |

## C Prevention

- Relaxation techniques such as progressive muscle relaxation
- Acupuncture
- Preventive medication [2], e.g. beta-blockers (such as metoprolol), calcium channel blockers (such as flunarizine) or anti-epileptics (such as valproate) *

## D Treatment

- Sensory deprivation in darkened, low-noise room
- Local ice treatment
- Sleep
- Medicines [3] for nausea and mild painkillers (e.g. acetylsalicylic acid (aspirin) and paracetamol) in mild to moderate attacks
- Triptans ** in severe attacks (2 per day / 3 consecutive days, only if less than 10 attacks per month)

* used according to guidelines [1]

** 50 mg and 100 mg tablets. Maximum dose is 300 mg in any 24-hour period (Imigran SPC).

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