

[What Should I Do If I Have A Migraine](#)

Headaches Affect Nearly 90% of Men and 95% of Women. The disability resulting from headache (for example, work absenteeism or reduced functioning at work, school or home) is the greatest dollars-and-cents cost associated with this illness. Headaches are of different variations, one of them is migraine.

A migraine may remain at a "static" level that is tolerable, as long as the patient is not physically active, such as sitting at the office, or reading at home. In a migraine, throbbing pain is felt on one side of the head. Usually migraine is preceded by a sensation such as salty taste in the tongue, aura, nausea, flashing lights and blind spots. A migraine is a splitting headache that just seems to set in apparently as a result of no reason at all.

Migraines are diagnosed based on symptoms. No procedure can determine the diagnosis. A migraine attack often involves more than just a headache. A few people also experience a migraine preceding an attack.

What causes migraines is still somewhat of a mystery. Medical researchers believed that migraine headache was because of chemical changes in the blood vessels supplying the brain and its coverings. Changes in temperature, humidity and barometric pressure are all potential migraine triggers. A change in altitude is also a possible trigger.

Staying up late or drinking too much coffee will bring on a migraine every time. Some even go to say that a migraine maybe triggered by the end of a stressful situation. Migraine triggers are numerous and varied and occur in combinations peculiar to a individual. For some migraine sufferers, though not all, pregnancy can bring about a change in the frequency and intensity of migraines.

Being aware of what brings on your headaches is key to finding drug free relief. Crucial to the appropriate treatment of headache is the proper diagnosis of its type, and migraine headache is a particularly common form of recurring headache. One of the most important aspects of headache treatment is your own control over your headache, and control starts with identifying your own triggers, and learning to avoid them. There are many possible triggers for migraines and they differ from one migraine sufferer to another.

There are a lot of treatment options presently available for your migraine headaches. Some of you will get spectacular results with one or more of these treatments and others will not. Try putting a cold damp cloth on your forehead or temple (on the side that is painful), or use a frozen bag of peas wrapped in a small towel, as cold compresses can sometimes help with the pain. So if the attack is coming, try to get to a dark quiet room, since noise and bright lights seem to aggravate the symptoms of migraine.

There are various alternative headache treatments such as using aromatherapy, acupuncture, biofeedback, homeopathy and herbal remedy such as feverfew. While we do not have scientific proof, it is possible to speculate on why these dietary changes may work. Some patients report that their headaches get better with elimination of wheat, sugar, or milk products from their diets. Other treatments include taking a hot bath or shower and/or using heat or ice on your neck or head.

Some people I know put fingertip pressure on one of your temporal arteries, which are arteries you can feel on either side of your head near your temples. Before you consider any treatment for your headaches, it is important that you make sure your diagnosis is indeed migraine. Sometimes a separate visit to your medical practitioner to discuss your headaches specifically may be necessary.

If you are a headache sufferer, you know that certain situations or things you do or foods you eat, will cause an attack to start. Please remember that a good doctor is your best ally when it comes to diagnosing, preventing and treating migraines. Besides regular check ups with your family medical practitioner eating the right foods and getting enough sleep are important to your peace of mind.

Now whatever is the cause or whatever be the nature of the headache, most headaches are preventable. Before treating your health problems with drugs it is wise to seek the advice of a health professional. The only good thing with regards to a migraine is that it usually stops as people get older.

About the Author

Cindy Heller is a professional writer. To learn more about [cause of migraine headache](#) and other types of [vascular headache](#), visit [frequent headache](#).

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