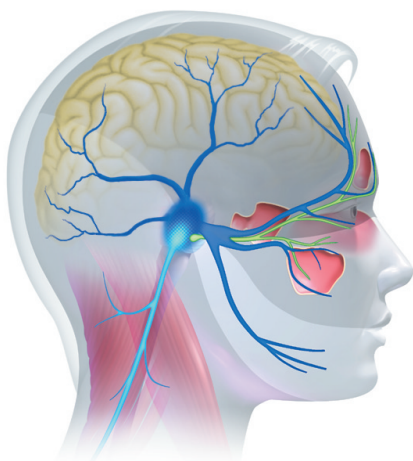


What Is Migraine?

A migraine is not just a headache. Pain is only one of many migraine symptoms. The symptoms of migraine can interfere with your daily activities. People with migraine headaches often have other types of headaches as well. Each type of headache may have different symptoms.

What Causes Migraine?

During a migraine attack, changes occur in the blood vessels and nerves in and around the brain. These changes may lead to migraine symptoms.



How Long Does a Migraine Last?

Migraines may last from hours to as long as 3 days.

How Often Do Migraines Occur?

Most people have three or fewer attacks a month. Some people have more. Other people have as few as one attack a year. Migraine attacks may lessen as you get older.

What Does a Migraine Feel Like?

Migraine pain can be moderate to severe. There are many different symptoms of migraine. Not everyone will have all of the symptoms. Symptoms may vary from attack to attack.

You may feel pain that...

- Throbs or pounds
- Is on one or both sides of the head
- Is in the back of the neck
- Is in the face, around the eyes, or in the sinuses
- Gets worse when you are active
- Disturbs your normal activities

You may also feel other symptoms...

- Nausea (you may even vomit)
- Sensitivity to light or sound
- A stuffy or runny nose
- Watery eyes
- Changes in your mood hours or days before a migraine
- Changes in your vision about a half hour before headache pain (this is often called “aura”)
- Dizziness



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This information is not intended as a substitute for professional medical care. Always follow your healthcare provider's instructions.

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