

Migraine Awareness Week!

4th September to 9th September

Migraines



The main feature of a migraine is a headache. Migraines can differ in length and severity. They may last from 5 minutes to 72 hours. Diagnosis usually depends on the doctor. You may find it helpful to create a migraine diary to keep a record of the attacks and this can be presented to the doctor to make a diagnosis. Stress, anxiety and depression are thought to trigger migraines.

Some Facts for you

- Migraine is the most common neurological condition in the developed world.
- 8 Million people in the uk suffer with migraines. (The long term neurological conditions national service framework department of health 2005)
- An estimated 25 Million days are lost from work & school every year due to migraines. (Steiner *et al* 2005)
- Women are more likely to suffer migraines than men.
- Depression is 3 times more common in people with migraines. (WHO 2004)
- There is an estimated 190,000 migraine attacks every day in the UK. (Steiner *et al* 2005)

A few tips for your migraine diary

- Date of migraine
- Where is the pain
- How long did the attack last
- Where there any additional symptoms (i.e. nausea, blurred vision)

Symptoms

Some symptoms include: Disturbed vision, vomiting, weakness in limbs, spinning(vertigo), dizziness, tunnel visions, black spots.

Causes

There is no known cause, however there are certain factors that may contribute to or trigger a migraine attack. These include: a genetic predisposition, stress, depression, anxiety, lack of sleep, lack of food, copious amounts of alcohol, certain foods or hormone imbalances.

Types of Migraine

There are a few different types of migraine; here they are presented in a table to show you the differences between them.

Migraine without Aura	Most common type – 70%-90% of people experience this type	Headache on one side Throbbing / pulsating pain Sickness & vomiting Sensitivity to light
Migraine with Aura	Classic Migraine 10%-30% of people experience this type	All symptoms from above Flashing lights Numbness in arms and legs Disturbed speech The headache may not occur
Retinal Migraine	Involves one eye	Acute head pain Visual disturbances Blind Spots
Abdominal Migraine	Occurs in children mainly	Loss of appetite. Nausea & vomiting
Menstrual Migraine	Hormonal changes	Occurs 2 days before start or before the end of period
Status Migrainosus		Debilitating migraines which last several weeks

Treatments

There is no known cure for migraines however, certain therapies can help with managing your migraines as well as changes to lifestyle.

Acupuncture has been proven to help people who suffer with migraines. Acupuncture is a calming, relaxing and natural therapy which can help with the symptoms of a migraine and help prevent the need to take medications. Acupuncture is cost effective (Witt, 2008) and is helpful at improving the coping mechanisms for migraine management.

Acupuncture works by:

- Providing pain relief
- Helping with stress, anxiety and depression which are all possible triggers for a migraine attack
- Reduce the severity of the symptoms
- Modulating blood flow

People have reported many benefits of receiving Acupuncture treatment for Migraines. There are some real life stories on the link below from people who have tried and tested Acupuncture as a treatment option.

Links:

Jane Elliot – <http://news.bbc.co.uk/1/hi/health/5301690.stm>

Mail Online – <http://www.dailymail.co.uk/health/article-148897/Acupuncture-cure-migraine.html>

Acupuncture Council – www.acupuncture.org.uk/the-news/press-releases/460-knock-migraines-on-the-head-acupuncture-and-migraines.html

The Migraine Trust – www.themigrainetrust.org

If you would like to speak to our acupuncturist – Emma Page or try Acupuncture as an alternative treatment option please do not hesitate to contact us on 01788 537300 or walkwellclinic@talktalkbusiness.net