**A detailed outline: Migraine and Its Impact**

**Header**

**Title:** What is a migraine and how does it affect people?

**General purpose**: To inform.

**Specific purpose**: To inform the audience that a migraine headache is a serious problem.

**Central idea**: Migraines cause serious problems in some people’s lives.

**Organizational pattern**: Topical order

**I. Introduction**

* 1. **(Attention-getter)** How many people in this class get headaches? Raise your hand. How many of you get them so severe that they disrupt what you are doing at the time? Those of you who raised your hand to either of those questions could suffer from migraines. I’ve suffered from them since I was in the seventh grade. I still get them quite a bit.
  2. **(Topic)** Today, I am going to tell you what a migraine headache is and how it affects the people who get them.
  3. **(Thesis statement)** Migraines can become so severe that they disrupt our daily life.
  4. **(Preview of main points)** Things you need to know about migraines include what they are and their symptoms, what causes them, and how migraine sufferers deal with them on a daily basis.

Transition\*\*\*Let’s start by telling you what a migraine is and what the symptoms are.

**II. Body**

1. **(First main point)** What is a migraine?
   * 1. A migraine is a throbbing headache that is usually one sided but can be two sided. The throbbing is usually accompanied by nausea, sensitivity to light, sound, and smells, sleep disruption, and depression (National Migraine Association – “NMA”).
     2. There are two main types of migraines.

a. One type of migraine is what is called the classic Migraine.

b. The other type of migraine is the common migraine. This migraine is just like the classic without the aura.

Transition\*\*\* Now that we know what a migraine is and what the symptoms are we can start to understand what helps to cause them.

1. **(Second main point)** The actual cause of migraines is unknown.
   * 1. Evidence has shown that it could be changes in blood vessels, chemicals, and in your nerves in your brain that cause migraines (NMA).
     2. The main theory is that evidence seems to support is that it’s the dilation and constricting of blood vessels (NMA).
     3. There are some triggers that doctors have been able to identify that cause migraines.

Transition\*\*\* Now we know what a migraine is and what causes them. As you can see ignoring these types of headaches isn’t going to help them go away. They can disrupt your work and home life if they aren’t taken care of.

1. **(Third main point)** How migraines affect the people who get them?
   * 1. Migraines can cause the sufferer to miss anywhere from a few hours of work to a day or more. This cuts in to their productivity. They typically have downward spiraling incomes.

Transition\*\*\* Now we know what a migraine is, what can cause a migraine, and how they affect people’s life.

**III. Conclusion**

1. **(Review of main ideas)** A migraine isn’t a common headache, causes of migraines are still not completely known, and having migraines can interfere with people’s productivity and reputation in the workplace.
2. **(Restatement of thesis)** After hearing about migraines, I hope you understand the effects a migraine can have on some people’s lives.
3. **(Closing remarks)** There may be still a long way to go before we find the causes and treatments for this extremely annoying headache. Hopefully, we won’t have to wait for too long.

**Bibliography**

1. …

2. …

3. ...

Adapted from:

www.studymode.com/essays/Sample-Of-Outline-1599029.html