

Migraines are a neurological disorder: they can cause severe headaches, nausea, and sensitivity to light or sound.

There are different types of migraines: There's migraine with aura, without aura, and chronic migraine, each with its own symptoms.

Migraine symptoms include throbbing pain: often accompanied by nausea and sensitivity to light and noise.

Certain foods can trigger migraines: chocolate, aged cheese, and alcohol are common culprits.

Stress and anxiety are common triggers: practicing relaxation techniques can make a big difference.

Hormonal imbalances can cause migraines: fluctuations during menstrual cycles, pregnancy, or menopause are often to blame.

Staying hydrated helps prevent migraines: drinking at least 8 glasses of water a day can be very beneficial.

Relaxation techniques like yoga and meditation help: they can reduce stress and prevent migraine attacks.

Regular exercise can reduce migraines: staying physically active helps decrease the frequency and severity of attacks.

Identifying and avoiding personal triggers is key: avoiding certain foods or stressful situations can help prevent migraines.

Regular sleep routines make a difference: getting enough sleep and keeping consistent sleep times helps reduce migraines.

Limiting caffeine can be helpful: caffeine can assist, but overdoing it can turn into a trigger.

About 25-30% of people with migraines experience an aura: these visual or sensory disturbances can appear before the headache.

Migraines affect about 12% of the global population: and women are more affected than men.

Migraines tend to be hereditary: if one or both of your parents suffer from migraines, you're more likely to have them too.

Over-the-counter meds like ibuprofen or acetaminophen can help: they can relieve migraine symptoms.

Alternative therapies include acupuncture and biofeedback: supplements like magnesium and riboflavin can also help.

Applying a cold or hot pack to your head or neck helps: it can reduce pain during a migraine attack.

Working with your doctor on a prevention plan is important: preventive medications and lifestyle changes can make a big difference.

Joining support groups can offer comfort: talking to others who suffer from migraines can provide useful tips.