

A d tour of hell in the words of migraine sufferers

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How to Support a Migraine Sufferer**

Migraines are debilitating headaches that can cause severe pain, sensitivity to light and sound, and nausea. It's important to be sensitive and supportive to those who suffer from migraines.

What Not to Say to a Migraine Sufferer

- "It's just a headache."
- "You look fine."
- "You're just making it up."
- "Can't you just take some aspirin?"

What to Say to Someone Who Has a Migraine

- "I'm sorry you're going through this."
- "Is there anything I can do to help?"
- "Can I get you anything?"
- "I understand that this is really painful."

How to Professionally Say You Have a Migraine

- "I'm experiencing a migraine and will need to take some time off today."
- "I'm not feeling well and have a migraine. I may need to leave early."

What Are Really Bad Migraines Called?

- Hemiplegic migraine
- Basilar-type migraine

How to Say You Have a Bad Migraine

- "I have a severe migraine."
- "My migraine is debilitating."
- "I'm in a lot of pain and can't function."

Is a Migraine a Bad Excuse?

No, migraines are a legitimate medical condition that can significantly impact daily life.

What Is a Simple Sentence for Migraine?

"Migraine is a severe headache disorder characterized by intense throbbing pain, sensitivity to light and sound, and nausea."

How to Explain Migraine to Someone Who Doesn't Get Them

- Describe the intense pain and throbbing sensation.
- Explain how light and sound can be unbearable.
- Mention the nausea and vomiting that often accompany migraines.

How to React to a Migraine

- Be empathetic and supportive.
- Offer assistance such as getting them water, a cold compress, or a dark room.
- Respect their need for rest and quiet.

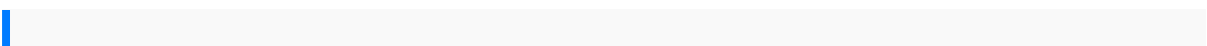
What Advice Do You Give for Migraine Headache?

- Rest in a darkened, quiet room.

- Apply a cold compress to the forehead or neck.
- Take over-the-counter pain medication.
- Consider prescription medication if OTC options don't relieve pain.

What Not to Do When You Have a Migraine

- Engage in strenuous activity.
- Be exposed to bright lights or loud noises.
- Consume large meals or sugary drinks.



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