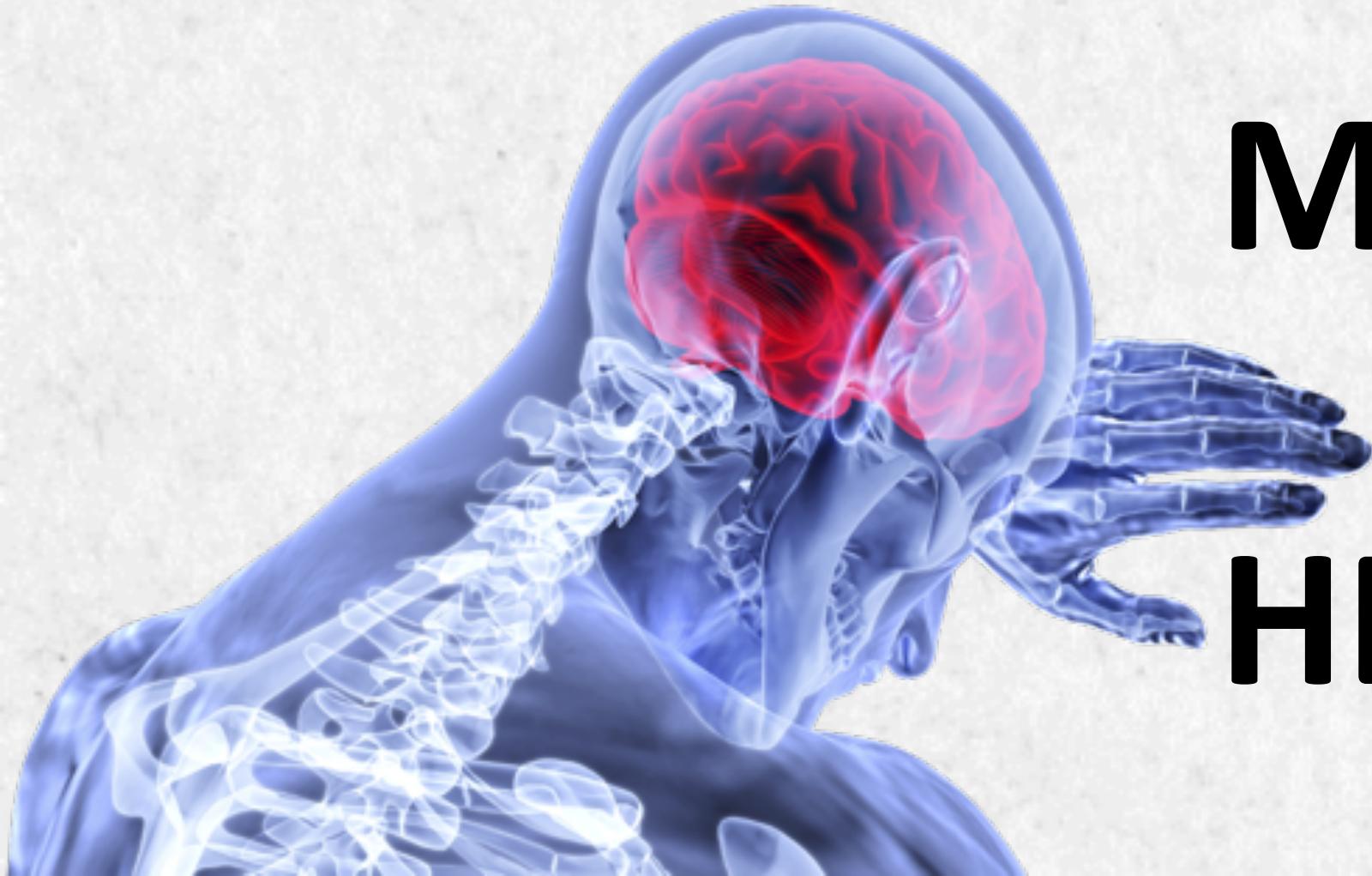


WELLNESS TIPS FOR MIGRAINE & HEADACHE



ABOUT ME

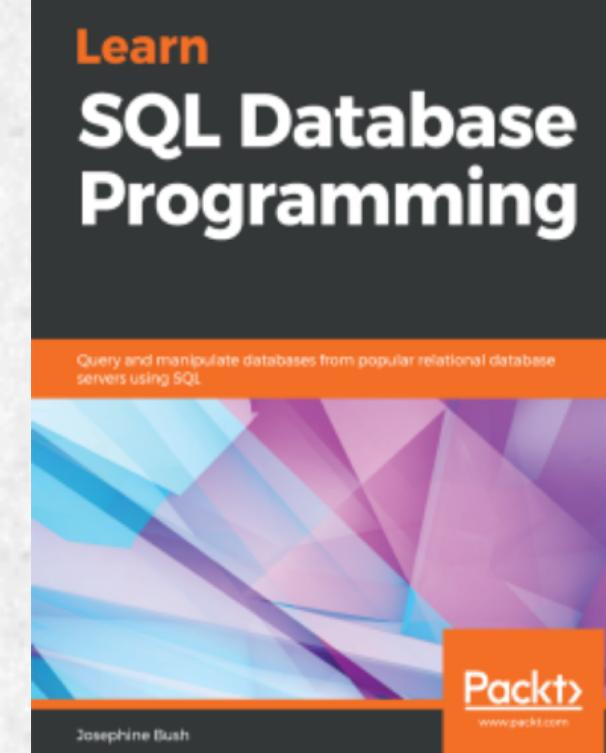
Josephine Bush

20+ years IT experience

Experienced DBA

MBA IT Management

MS Data Analytics



@hellosqlkitty
sqlkitty.com



MIGRAINE EXPERIENCE

Migraine started in
teens

Chronic migraine
started about 5 years
ago

Volunteer with:



MIGRAINE WORLD SUMMIT



MEDICAL DIAGNOSIS

If you are suffering from headaches or migraines, make sure to see your doctor to rule out other conditions. This is especially true if they are frequent and debilitating.



MIGRAINE VS HEADACHE

	Migraine is a neurological condition	Headache can be a sign of other illnesses
Location	Usually on one side	Usually on both sides of head, over the top, extending to base of skull
Intensity	Throbbing, high intensity pain	Diffuse to pressing, constricting pain
Onset	Sudden	Gradual
Duration	Hours to days; has multiple stages	Minutes to days
Other symptoms	Aura; nausea; sound, light, odor sensitivity; vomiting; dizziness; neck pain	

TRACKING SYMPTOMS

Headache diary adapted from New England Center for Headache Calendar

MIGRAINE SEVERITY																																
Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Morning																																
Afternoon																																
Evening/Night																																
TRIGGERS*																																
Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
MENSTRUAL PERIOD†																																
*Triggers																																
Each trigger has been assigned a number. Record the numbers of the triggers you may have been exposed to on the day of your migraine.																																
†Menstrual Period																																
Place an "X" on the days you have your period.																																
MEDICINES TAKEN																																
(Record all medicines, including over-the-counter and prescription, used to treat migraine pain and related symptoms.)																																
On the days you take medicines to relieve your migraine pain, write the names of the medicines and the doses in the appropriate box. Place a check (✓) for each dose you take. Also, record in the appropriate box a number from 0 to 3 that describes the amount of overall relief you got from that medicine. 0=no relief; 1=slight relief; 2=moderate relief; 3=complete relief.																																
Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Medicine:	Dose:																															
Medicine:	Dose:																															
Medicine:	Dose:																															
Medicine:	Dose:																															
Medicine:	Dose:																															
Medicine:	Dose:																															

DETERMINING TRIGGERS

They are different for everyone, but some of the most common ones are shown in the image

Some additional known triggers:

Citrus

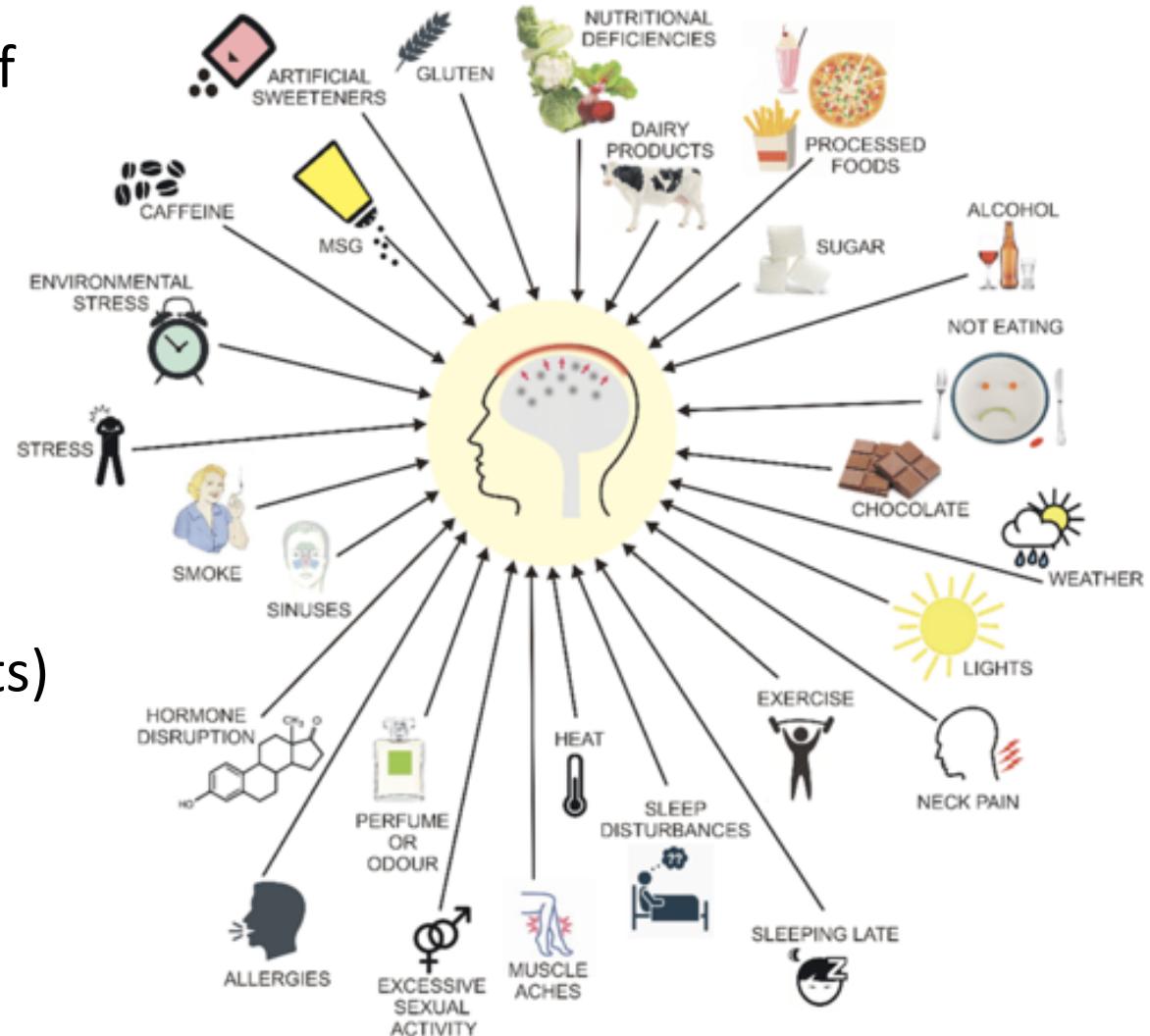
Aged cheeses

Nuts

Nitrates and nitrates (like in processed meats)

Travel (across time zones)

Let down periods (vacations, weekends)



SEEDS TREATMENT

-  **Sleep** – Maintain a regular sleep pattern. Too much or too little can cause issues.
-  **Eating** – Avoid food triggers and skipping meals
-  **Exercise** – At least 30 minutes three times per week
-  **Drinking** – Stay hydrated. Avoid alcohol and caffeine.
-  **Stress** – Reduce stress. Make time for yourself to unwind.

WHEN YOU HAVE SYMPTOMS

Acute medications may get rid symptoms

Works for headaches and migraines: Analgesics like aspirin, Advil (ibuprofen), Aleve (naproxen Sodium), Tylenol (acetaminophen)

Work for migraines:

Triptans – come in pill, nasal spray, injectable form	Ergotamines – nasal spray
Ditant – Revvow pill	Gepant – Ubrelvy and Nurtec pills
Midrin (taken off the market) – must be compounded by a pharmacy	Anti-nausea medications like promethazine or steroids for long running migraines

WHEN YOU HAVE TOO MANY SYMPTOMS

Preventative medications may help migraine

Supplements like magnesium, riboflavin (B12), CoQ10, and melatonin

Anti-depressants such as amitriptyline and Cymbalta

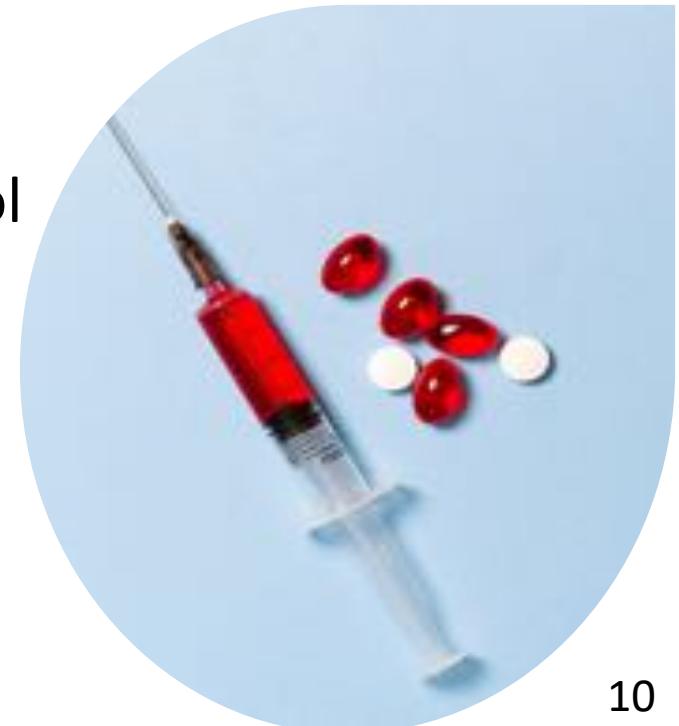
Nerve pain medications such as gabapentin

Beta blocker blood pressure medications such as propranolol

Seizure medication such as Topamax

Other injectables like Aimovig, Ajoyv, Emgality

Injected nerve blocks like Botox or lidocaine



NEUROMODULATION DEVICES

Cefaly



gammaCore



Relivion



OTHER TREATMENTS

Massage
Physical therapy
Chiropractor
Acupuncture

Resting

Allay lamp
(green light)



Headache hat
(ice)

PERIODS AND HEADACHES/MIGRAINES

When you have a headache/migraine

You can use the same medications during this time as any other time, they may just be less effective.

To prevent headaches/migraines during your period

Triptans dosed twice daily during the period

Magnesium started on day 15 of your cycle

Continuous birth control like pill, patch, injection, ring, UID

MIND BODY TECHNIQUES

Yoga

Meditation

Self-compassion

Somatic tracking

Expressive writing

Mind body programs



WORKPLACE ACCOMMODATIONS

Work from home

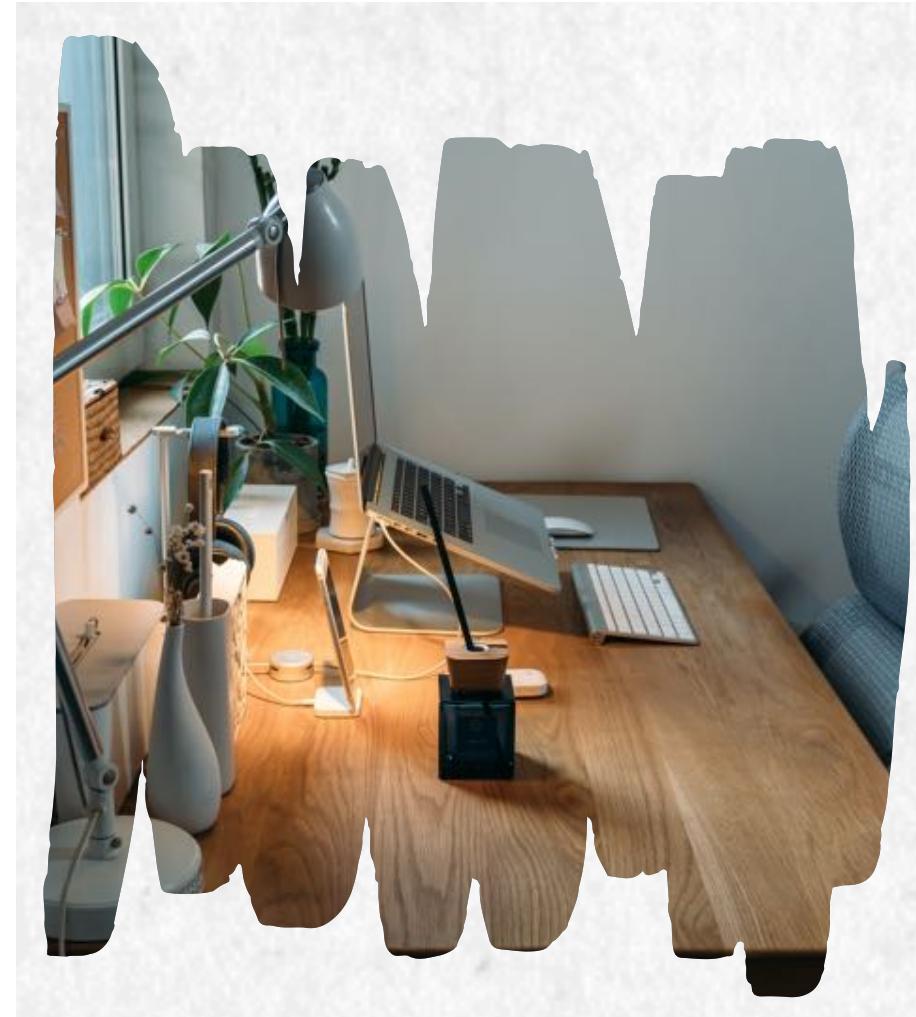
Flexible scheduling and break times

Providing private area to recover

Replacing fluorescent lights

Creating a fragrance-free workplace

Making sure to provide ergonomic desk area



LEGAL PROTECTIONS

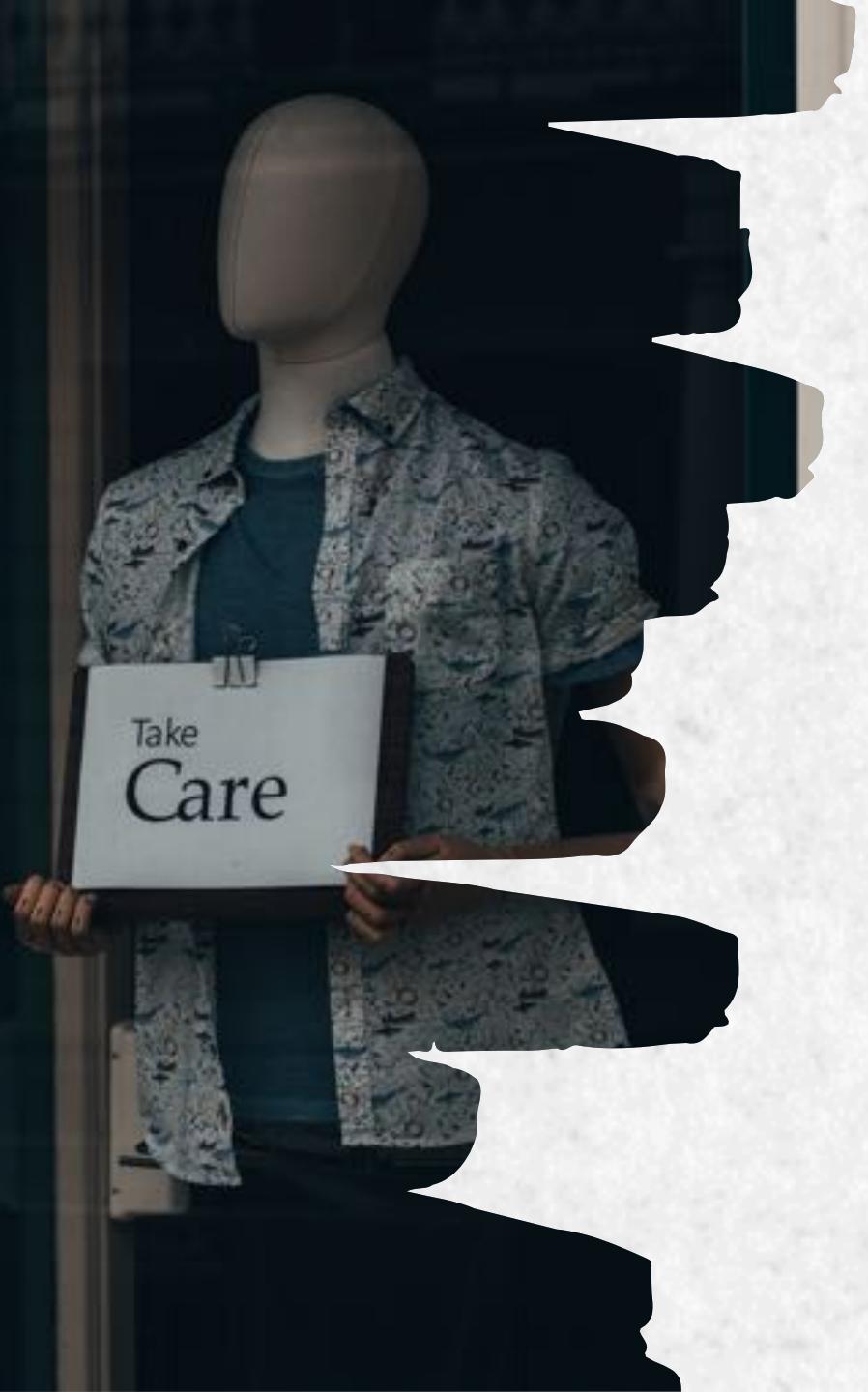
Americans with Disabilities Act (ADA)

Addresses rights of disabled workers and the responsibilities of their employers



Family Medical Leave Act (FMLA)

Eligible employees take up to 12 weeks of job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.



**THANK
YOU FOR
ATTENDING**

Contact me @hellosqlkitty
or visit me at sqlkitty.com

RESOURCES - GENERAL INFO

Migraine World Summit

<https://migraineworldsummit.com/>

Headache on the Hill

<https://allianceforheadacheadvocacy.org/headache-on-the-hill/>

Migraine Again

<https://www.migraineagain.com/>

Migraine vs Headache

<https://www.healthline.com/health/migraine/migraine-vs-headache>

SEEDS treatment

<https://americanmigrainefoundation.org/resource-library/lifestyle-changes-for-migraine/>

Migraine facts

<https://migraineresearchfoundation.org/about-migraine/migraine-facts/>

Headache Diary

<https://www.pinnacleinternalmedicine.com/docs/Migraine-diary-and-diet.pdf>

Stages of a migraine

<https://migrainebuddy.com/the-stages-of-a-migraine-migraine-attack/>

Migraine information

<https://my.clevelandclinic.org/health/diseases/5005-migraine-headaches>

RESOURCES – MEDICAL TREATMENTS

Medicines to treat migraines

https://www.rxlist.com/migraine_medications/drug-class.htm

Migraine treatments

<https://www.migrainetrust.org/living-with-migraine/treatments/>

Menstrual migraine options

<https://americanmigrainefoundation.org/resource-library/menstrual-migraine-treatment-and-prevention/>

Devices to treat migraine

<https://www.gammacore.com/>

<https://www.neurorelief.com/relivion/>

<https://www.cefaly.com/>

Supplements

<https://www.migrainetrust.org/living-with-migraine/treatments/supplements-and-herbs/>

<https://www.amazon.com/Dolovent-magnesium-dietary-supplement-capsules/dp/B01MFB9D0I>

Melatonin

<https://www.remfresh.com/>

RESOURCES – ALTERNATIVE TREATMENTS

Mind body treatments

<https://www.bch.org/documents/Intro-to-Neural-Pain-Pathways-6-12-20.pdf>

<https://self-compassion.org/category/exercises/#exercises>

<https://www.bch.org/Our-Services/Mind-Body-Medicine.aspx>

<https://www.bch.org/documents/content/Exercises-to-Train-the-Brain-During-the-Day.pdf>

<https://www.bch.org/documents/content/Somatic-Tracking-Exercise.pdf>

Headache hat (ice)

<https://www.amazon.com/Headache-Hat-Original-Wearable-Headaches/dp/B00FGWLDR6>

Allay Lamp (green light)

<https://allaylamp.com/>

Allay Lamp coupon code

<https://go.referralcandy.com/share/SKZGWKW>

<https://hms.harvard.edu/news/green-light-migraine-relief>

Treating Chronic Pain with Mind Body Medicine

<https://www.youtube.com/watch?v=TPiSy1LJObw>

RESOURCES – YOGA/MEDITATION

Yoga

<https://yogawithadriene.com/>

For migraine

<https://www.youtube.com/watch?v=QFkAl5wHEbg>

For headache

<https://www.youtube.com/watch?v=we0q2hojlxg>

Yoga study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4097897/>

Yoga effective as add-on therapy

<https://n.neurology.org/content/94/21/e2203>

Meditation

<https://insighttimer.com/ruthiehanan/guided-meditations/meditation-for-headache-and-migraine-relief>

<https://insighttimer.com/lisaabramson/guided-meditations/melting-stress-and-anxiety-away>

RESOURCES – WORKPLACE/LEGAL

Workplace Accommodations: Migraine & the Law
<https://migrainedisease.org/living/accommodations/career/accomodations-workplace-migraine-law/>

Workplace Accommodations for Migraine
<https://americanmigrainefoundation.org/resource-library/workplace-accommodations-for-migraine/>

Women with Migraines: Addressing Discrimination in the Workplace
<https://www.patientsrising.org/migraine-workplace-discrimination/>

Office ergonomics: Your how-to guide
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>