

# "I Have Migraine, Now What?"

## Next Steps



Migraine is a complex, multifactorial disease that affects a billion people worldwide. Still today, there is no cure for migraine. Some people get lucky and find something that has stopped their attacks. Others try everything they can for years without success.

There is a wide spectrum of severity with migraine. Rest assure you can live a full and happy life with migraine but you need to take the initiative. To ensure you minimise the impact migraine has on your life follow these tips below.

- 1. Educate yourself.** Unfortunately many doctors still know relatively little about migraine and best practice management. It is not sufficiently covered in medical school unless the doctor specializes in headache.
  - Trustworthy educational resources to refer to are the Migraine World Summit, The Migraine Trust, the American Migraine Foundation, Migraine Again, Migraine.com
  - The more you learn the better you will do.
- 2. Keep a record.** A migraine diary or tracking app will help keep you accountable to certain behaviors and lifestyle factors that may be contributing to your condition. MigraineBuddy and Curelator have good reviews.
- 3. Partner With A Doctor.** Your doctor should have an genuine interest, listen and treat you with empathy and respect. If they roll their eyes at you or consider migraine to be psychosomatic then it's time to see someone else.
- 4. Understand Your Triggers.** Triggers are factors which cause your attacks. When a combination of triggers exceed your migraine threshold, an attack occurs. You can raise your migraine threshold by better managing your triggers and making lifestyle changes that have protective benefits including sleep, exercise, diet, supplementation and relaxation.
- 5. Acute Treatment.** Find treatments to limit the worst of your migraine attack to 2 hours. If you haven't found significant or full relief within two hours, keeping working on this with your doctor.
- 6. Preventative Treatments.** These are taken if migraine is having a serious impact in your life with around 8 or more days each month affected by disabling migraine. An effective preventative will reduce your migraine frequency by 50% but there may be side effects.
- 7. Rinse and repeat.** Migraine often evolves over time. Symptoms change. Life changes. Continue to keep track, work with your doctor and learn about your condition. You are responsible for your own health and have the most important role to play in migraine management.

The good news, if you had read this guide you've made a great start. Migraine can be controlled. Good luck!