



The 5 Biggest Mistakes Migraine Patients Make

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MigrainePal was founded in 2013 by Carl Cincinnato. Carl previously worked at several Fortune 500 companies whilst battling chronic migraine. His condition gradually worsened until he could experience 6 separate attacks per week.

After 25 years of failed treatments, therapies and thousands of dollars, Carl decided to replace his medical team and get the facts. He also began to share his experience with others as his condition progressed.

MigrainePal is a now community of thousand's of migraine patients who are going through a similar journey. Today, Carl's migraine frequency is down from 6 a week to 1 every few months.

The mission is ambitious but clear - to prevent 1 million migraine attacks. To find out more visit migrainePal.com/about

We are human like everyone else. We make mistakes. In fact I've made every single one of the following mistakes myself. Which is what makes me especially qualified and slightly sheepish. However, this kind of information is too important for red faces as these mistakes are so common and easy to make. Avoid these issues will save you time, money and migraines!

1. Not getting diagnosed

Over 50% of migraineurs have not been diagnosed by a medical professional. This is a shockingly high number of people who believe they are dealing with other issues such as 'just a bad headache', sinus headaches, hang-overs, allergies, nausea, painful side effects from menstruation and so on.

Without an accurate diagnosis their migraines remain undertreated and poorly managed. In this environment, the quality of life for the migraineur often worsens until a proper diagnoses and treatment plan can be put in place.

2. Sticking with a poor doctor

Generally speaking, we are not satisfied with our doctors. The chart below shows the level of satisfaction by category of doctor.

Profession	Satisfaction Rate
Headache Specialist	32.5%
Neurologist	23.9%
Primary Care/Medical Doctor (MD) / General Practitioner (GP)	16.7%

Adapted from Migraine in America Study 2014¹

The best rating is for Headache specialists which is still just 32.5%. However this is significantly higher than the satisfaction ratings for neurologists or primary care doctors.

So how do you know if your doctor is a good doctor or not? Ask yourself a few questions:

- Do they listen to you? Can they present a sound treatment plan and approach for your migraines that makes sense to you? Do they give you confidence and hope? Do you trust them?
- Or do they rush your appointments? Do they gloss over information they tell you, do they rarely make eye contact?

We generally have a good sense about people. If you're a second-guessing your doctor then get another one. An easy way is to request a referral to a specialist or a neurologist. Or if you're seeing Neurologist already. Request another referral to someone highly recommended from your referring doctor.

3. Going it alone

Whatever you do. Don't think that you're better off alone. Perhaps this may be more of a male tendency as I'm personally guilty of this. But this puts you more at risk. Bottling-in your emotions, not visiting the doctor for regular check-ups and not talking to anyone about your condition is not going to make the problem go away.

It usually makes things worse, particularly if you're going through a difficult time. You need the support from close family and friends. But remember that relationships are a two-way street and even though this is 'your' time of need. You need to be giving as well.

Having a trusted doctor is also especially important during the particularly difficult times (see point 2).

4. Giving up hope

Just about every migraineur I've spoken to has spent a fortune on their condition and tried countless treatments, medications, remedies, vitamins, therapies, diets and so on. Yet their migraines are still out of control, their bank balance is dwindling and so understandably, they feel miserable.

It is only natural at this point to throw your hands up and think that you will probably be miserable for the rest of your life.

But that is simply not true.

No one has tried everything. And even if you have tried something, it doesn't mean you've tried it correctly. Taking the right dose at the right time, for the timeframe with the right combination requires strict controls to ensure you give each treatment it's fair chance before you can truly rule something out.

Here is my personal example: years ago my previous doctor gave me Sumatriptan. One of the most effective migraine treatments available specifically designed for migraine. I took it on several occasions. No response, whatsoever. So I went back to the doctor and said it didn't work after 3 failed attempts.

Years later, with a new doctor, we ran through all the medications I've tried and Sumatriptan came up again. My doctor asked, well when did you take it? I said, at the first signs of a migraine, when I get the migraine aura which is 20-40 mins before the head pain. My doctor replied. Sumatriptan is designed to be taken at the onset of pain, not the aura. 'Oh, well nobody told me that.'

After trying Sumatriptan again and taking it at the correct time, I've realized it is far more effective with much fewer side effects versus what I was previously taking.

Treatments for migraine are getting better and more advanced. The science and our understanding is improving and we are getting more solutions and relief today than ever before. Believing you are stuck with uncontrollable migraines is the quickest way into depression and anxiety.

5. Not working to prevent migraines

Many migraineurs treat their acute attacks. But any good migraine treatment plans will focus both on acute migraine treatment as well as prevention.

An ounce of prevention is worth more than a pound of cure.

This part of your migraine treatment is essential to sustainable recovery.

Prevention includes:

- Identifying the underlying causes and triggers of your migraines
- Behavioral and lifestyle adjustments such as regular cardio exercise, meditation, relaxation,
- Dietary changes
- Vitamins
- Preventative therapies or remedies
- Preventative medications in chronic cases

How many of these mistakes have you made?

Don't feel discouraged if you are guilty of some or all of these mistakes. I've managed to recover despite them. It took me time learn from my mistakes.

Hopefully, with this list you can learn from mine and if you apply the insights here, you'll take the shortcut to better manage and control your attacks. Good luck!

Smart people learn from their mistakes. Smarter people learn from the mistakes of others.

Source

ⁱ "Chronic Migraine in America 2013" survey by Health Union in Dec 2013. Accessed Dec, 2013. n=1561. <http://migraine.com/chronic-migraine-in-america-2013/>