

HEADACHE & MIGRAINE

June is Headache & Migraine Month

MIGRAINE vs. HEADACHE

Many people believe that migraines are severe headaches, however headaches are considered a symptom of a migraine. Headaches can cause pain in the forehead temples, and neck. Both their causes and severities can vary. Migraine attacks are divided into two categories: with or without aura.

- *Migraines without aura*-symptoms can include nausea, muscle aches, and sensitivity to light and/or sound
- *Migraine with aura*-an aura is the sensation a person feels 10-30 minutes before a migraine attack. These symptoms include:
 - Seeing flashing lights or lines
 - Tingling or numbness
 - Feeling less mentally alert
 - Unusual sense of smell, taste, or touch

PAIN RELIEF



HOT OR COLD COMPRESS



REST IN A DARK, QUIET PLACE



SIP CAFFEINE



HYDRATE



OVER THE COUNTER MEDICATION

More Information:



headaches.org