Migraine

Abi Harrison-Nye

Symptoms

- Severe, throbbing headaches often with nausea or vomiting.
- Extreme sensitivity to light, sound, or smells.
- Visual disturbances like flashing lights or blind spots.

Age & Gender

- Most common in people aged 35 to 45, though it affects all age groups.
- Females are three times more likely to experience migraines than males.

Misconceptions

- It’s not just a 'bad headache', but a neurological condition.
- It’s not caused by stress alone, though stress can be a trigger.
- It’s not possible to just 'push through' an attack.

Diagnosis

- GPs diagnose it by identifying a pattern of recurring, severe headaches.
- Diaries are used to track triggers, symptoms, and the frequency of attacks.

Treatment

- Triptans and specific painkillers are taken at the start of an attack.
- Preventative medications or Botox injections help reduce the frequency of chronic cases.

Support

- Provide 'quiet rooms' with dimmable lights for use during an attack.
- Use anti-glare screen filters and avoid strong office fragrances.
- Allow for flexible deadlines during a flare-up to reduce pressure.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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