



MIGRAINE STIGMA-CRUSHING FACTS

For most people who deal with migraines, using the word 'headache' to describe one is like calling a jaguar a 'cat.'

1. Migraine is more than just a "bad headache." Migraines are caused by brain chemistry imbalances and are among the top causes of disability in the United States.

2. There is a broad range of migraine experiences. Migraines aren't one-size-fits-all. The experience of migraine can be vastly different from one individual to the next.

3. People with migraine headaches aren't doomed. Though it may take time, multiple approaches, and treatment from the right neurologic specialist, many people today have found ways to manage their migraines so that they can enjoy full, active lives.

4. Migraines aren't effectively treated by taking "more OTC pills." If you or someone you know is doubling up on a dose of over-the-counter pain relievers to assuage a migraine episode – it's likely ineffective and downright dangerous. Migraines aren't just bad headaches, so they require special diagnosis and treatment.

5. Lifestyle changes CAN make a significant difference in reducing, and sometimes eliminating migraine episodes.

Medication isn't the only migraine treatment option – there are plenty of lifestyle and behavior modifications a person can make. Consult with a neurologist to learn about the options that might work for you!

