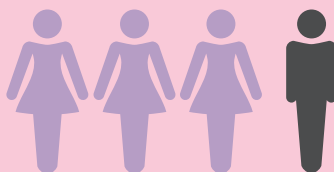


# Women's health: Focus on migraine

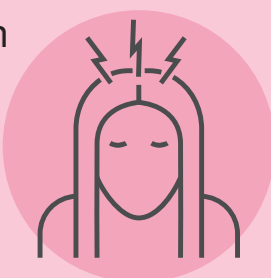
## Migraine

is **3X** more common in  
**women than in men**

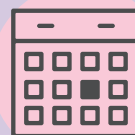


in the **15-49 year** old age group<sup>1</sup>

- Migraine around menstruation is more difficult to treat
- Attacks are usually longer & more severe than migraine at other times in the cycle



## Hormonal changes



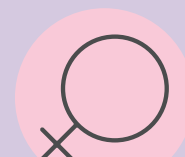
Menstruation



Contraception



Pregnancy

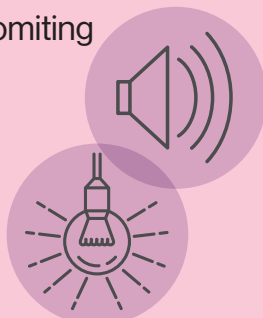


Menopause

## Common symptoms

**The most common symptoms without Aura are:**

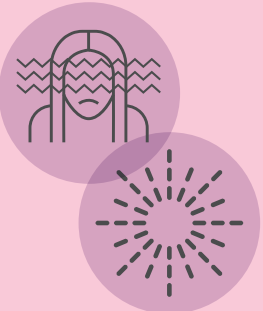
- Intense throbbing headache, usually on one side of the head, worsened by movement and lasting 4-72 hours
- Nausea, sometimes vomiting
- Sensitivity to light
- Sensitivity to noise
- Sensitivity to smells
- Stiffness of the neck and shoulders
- Blurred vision



## Migraine with Aura:

The disturbances are usually visual e.g.

- Blind spots
- Flashing lights
- Zig-zag patterns



## To do list

**Keep a Migraine Diary** This will help to identify avoidable triggers

- ✓ **Regular sleep routine** Practice good sleep hygiene with a regular sleep cycle
- ✓ **Exercise regularly** Moderate intensity for 20-30 minutes 5 days a week
- ✓ **Diet & fluids** Regular meals, avoid dehydration, not excessive caffeine
- ✓ **Reduce stress** Consider relaxation therapies such as mindfulness, yoga or pilates
- ✓ **Alcohol in moderation**
- ✓ **Stop smoking**
- ✓ **Consider acupuncture or physiotherapy** Acupuncture and Physiotherapy may reduce the frequency of attacks



## Other tips

- **Visit your doctor**
- **migraine.ie**
- **speakyourmigraine.ie**

