

MIGRAINE DETAILS

YOUR DOCTOR SHOULD KNOW

When it comes to finding the best migraine treatment, there are several things your doctor should know about your symptoms. Here are some tips to make the most of your next appointment.



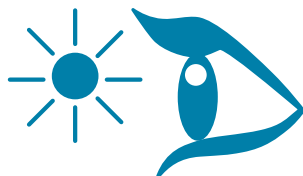
Discuss migraine and daily life.

Does a headache cause you to miss work or school? Are you unable to do things like drive, cook, or spend time with your family?



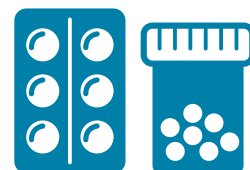
Describe your head pain.

Episodes are different for everyone. But migraine often causes sharp, throbbing head pain. While this intense ache is typically on one side, migraine can affect your whole head.



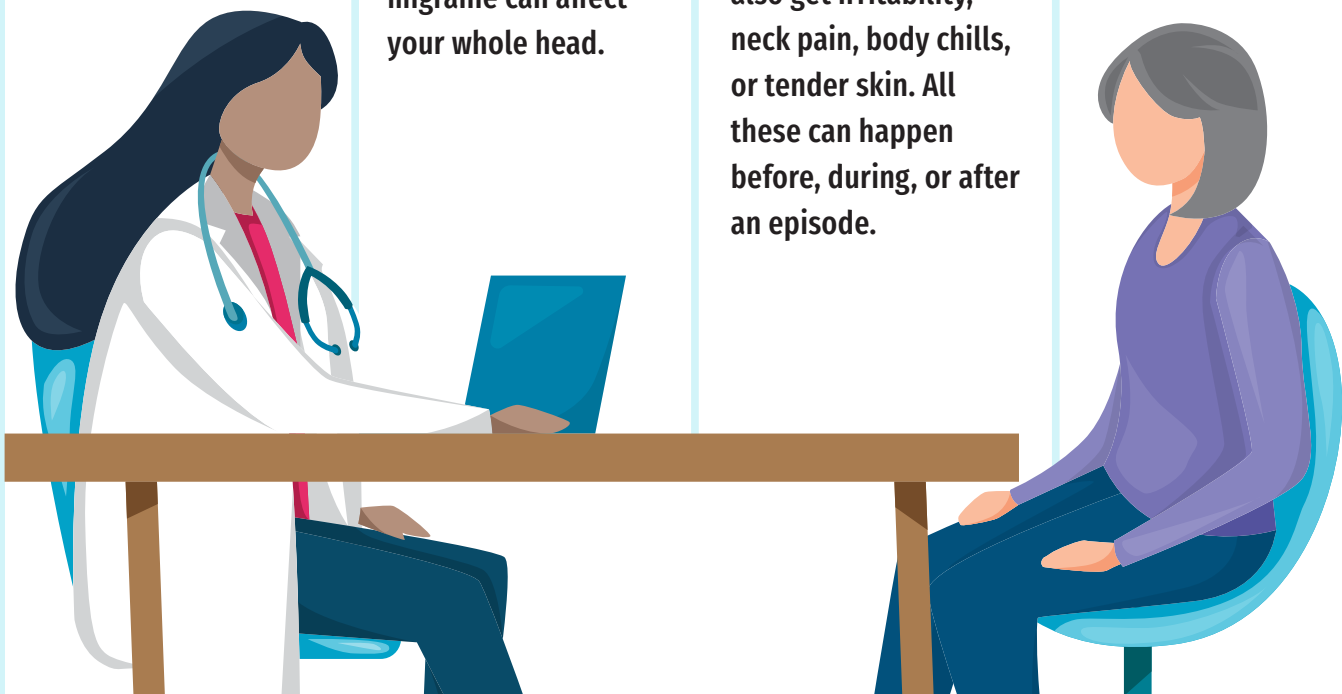
Learn the symptoms to track.

Common symptoms of migraine are nausea, throwing up, and sensitivity to light. Fatigue is another big one. But you might also get irritability, neck pain, body chills, or tender skin. All these can happen before, during, or after an episode.



Go over all your treatment choices.

Ask about other options if your current migraine meds don't help enough.



Reviewed by Brunilda Nazario, MD, on Oct. 25, 2023

SOURCES: American Migraine Foundation: "A Guide to Talking to Your Doctor About Migraine," "What is Migraine," "9 Surprising Symptoms of a Migraine Attack," "Preventive Treatments." UpToDate: "Migraines in adults." Christopher Gottschalk, MD, FAHS, director, Yale Headache & Facial Pain Center; professor of neurology, Yale School of Medicine.