



Living With Migraine Headaches



Overview

If you have migraines, you know how disrupting they can be. Migraine pain can stop you in your tracks. It interferes with things like school and work, and throws your life into turmoil. But there are some things you can do to get relief.

Take an active role in your care

First, take an active role in your care. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something. Make sure to follow your doctor's advice.

Medications

Talk to your doctor about medications for migraines. There are different types. Some work better for certain people. So you may need to try a few medications to find what works for you.

Stress management

Get your stress under control. Regular exercise is a good stress reliever. Relaxation techniques such as yoga and meditation help many people. Your doctor can recommend other methods, too.

Keep a log

Keep a log of your migraines. Write down when they happen and what you were doing. Try to figure out if certain foods or situations are triggers so you can avoid them. And if you're overweight, losing weight may be helpful.

If you have a migraine

If you do have a migraine, rest in a quiet, dark room. Place a cool cloth or ice pack on your forehead. And drink plenty of fluids.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your migraines and take back your life.