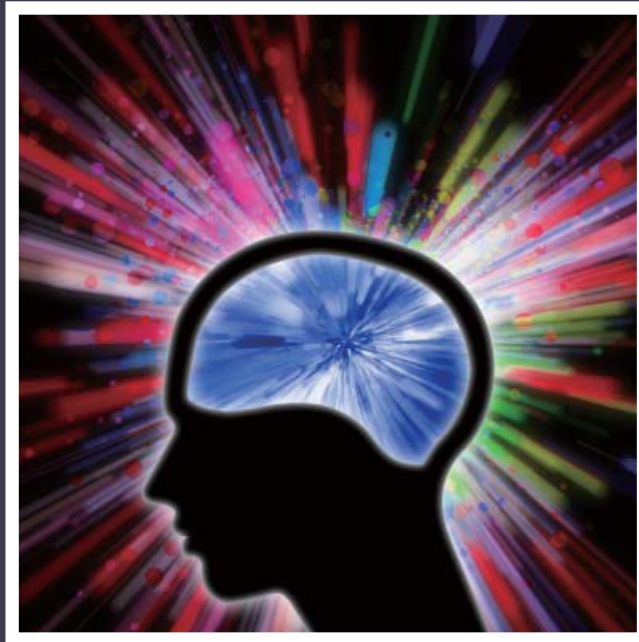


Student Health Centre

Information on Migrane



What is Migrane?

Migraine is the most common neurological disease in developed countries. There are 350,000 migraine sufferers in Ireland, approximately 30% of who do not consult their doctor, wrongly believing that nothing can be done to help. Headache is only one symptom of migraine, others include nausea, vomiting, photophobia (intolerance of light), phonophobia (intolerance of sound), confusion weakness, speech problems and visual disturbances may also be experienced.

Who Suffers from Migrane?



Migraine affects 2 to 3 times more women than men. The condition normally starts at age 20, but can start in childhood or at age 40. Frequency and severity of attacks decreased with age.

Causes of Migraine.

The cause of migraine attacks remains unexplained. Evidence suggests that there may be a genetic predisposition and/or environmental factors, e.g. long-lasting emotional or occupational stress. Potential trigger factors include certain foods, hormonal/systemic factors and emotional and physical stresses.

Diagnosis of Migrane



Diagnosis is based entirely on symptoms. Therefore as symptoms vary from person to person and from attack to attack, diagnosis can be difficult. A very careful history, based on a diary card recording specific information about symptoms is needed.

Management of Migraine

Patients are advised to avoid known trigger factors where possible. There are two aspects to therapeutic migraine management: Preventative Therapy and Acute Therapy. It is vitally important that people who suffer from disabling headaches on a regular basis consult their G.P- help is available to ease the burden of migraine.

For more information contact: - The Student Health Centre.