

# Migraines

## What is a migraine?

A migraine is an occurring throbbing that affects one side of the head.



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The causes of headaches could be:

- Allergies.
- Bright lights.
- Loud noises.
- Emotional stresses.
- Smoking.
- Skipping meals.

Some symptoms that can show signs of getting migraines could be:

- Chills.
- Increase urination
- Loss of appetite.
- Vomiting Nausea.

Some ways you can help with these symptoms would be to:

- Sit in a quiet room.
- Drink plenty of water.
- Use medicine recommended by a doctor.
- A cool cloth can help.
- An ice pack may help also.

When you get these migraines you might feel it in the front of your head[prefrontal cortex ]during when you are sick or during a cold weather.-

-Although migraines can cause sharp pains in the skull but research say that it is a call for the brain needing oxygen.

- Having migraines you do not have a life expectancy but the person will live with alot of suffering.

- Migraines can affect all genders. (But mostly women).

- If you get the migraines it may affect what you do in life.

Ways to help:

- We can fund more research and raise more money.
- You can help this person by maybe not making a lot of noise or maybe keeping the lights off.
- We can find more information by looking it up on the internet or getting involved with a doctor.