

Migraine with Aura

Students
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Core 7
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*Image Courtesy of American
Migraine Foundation*

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Image Courtesy of Cleveland Clinic

Introduction

- 36 million Americans (Meredith Barad)
- Classic migraine
- Throbbing pain in one side
(Michael Murray)
- 15-30% have aura
- Four stages of migraine
- More common in women (Talkspace)

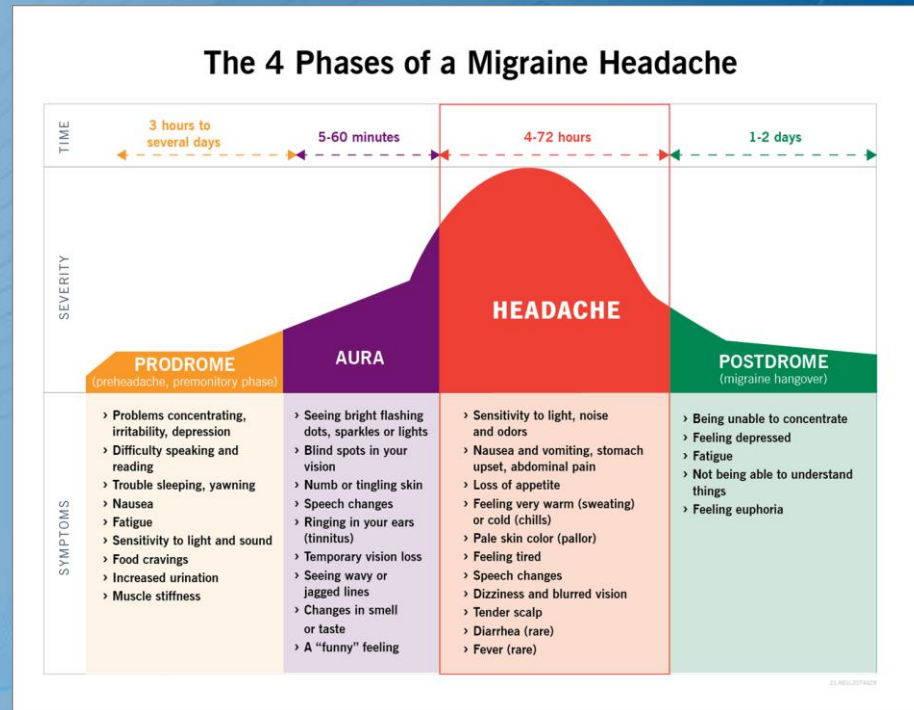


Image Courtesy of Cleveland Clinic

TIMELINE OF A MIGRAINE ATTACK



PRODROME

FEW HOURS TO DAYS

IRRITABILITY
DEPRESSION
YAWNING
INCREASED NEED
TO URINATE
FOOD CRAVINGS
SENSITIVITY TO
LIGHT/SOUND
PROBLEMS IN
CONCENTRATING
FATIGUE AND
MUSCLE STIFFNESS
DIFFICULTY IN
SPEAKING AND
READING
NAUSEA
DIFFICULTY
IN SLEEPING

AURA

5-60 MIN

VISUAL
DISTURBANCES
TEMPORARY
LOSS OF SIGHT
NUMBNESS AND
TINGLING ON PART
OF THE BODY

HEADACHE

4-72 HRS

THROBBING
DRILLING
ICEPICK IN
THE HEAD
BURNING
NAUSEA
VOMITING
GIDDINESS
INSOMNIA
NASAL CONGESTION
ANXIETY
DEPRESSED MOOD
SENSITIVITY TO
LIGHT, SMELL, SOUND
NECK PAIN
AND STIFFNESS

POSTDROME

24-48 HRS

INABILITY TO
CONCENTRATE
FATIGUE
DEPRESSED MOOD
EUPHORIC MOOD
LACK OF
COMPREHENSION

Image Courtesy of American Migraine Foundation

What is Aura?

- Neurological symptom
- Four main types
 - Scintillating scotoma = fluttering, moving lights
 - Difficulty understanding and speaking
 - Numbness and tingling
 - Dizziness and vertigo (spinning)

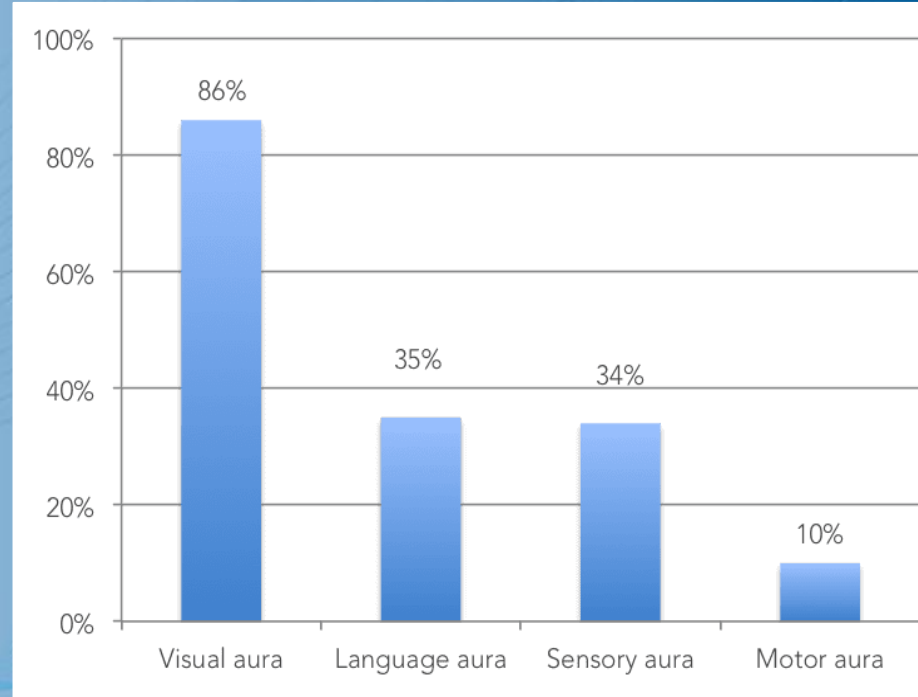


Image Courtesy of Migraine Pal

The Science Behind It All

- Overactive nerve cells send signals (WebMD)
- Triggers trigeminal nerve
- Cues release of chemicals
- Serotonin and calcitonin gene-related peptide (CGRP)
- Blood vessels swell
- Causes inflammation and pain

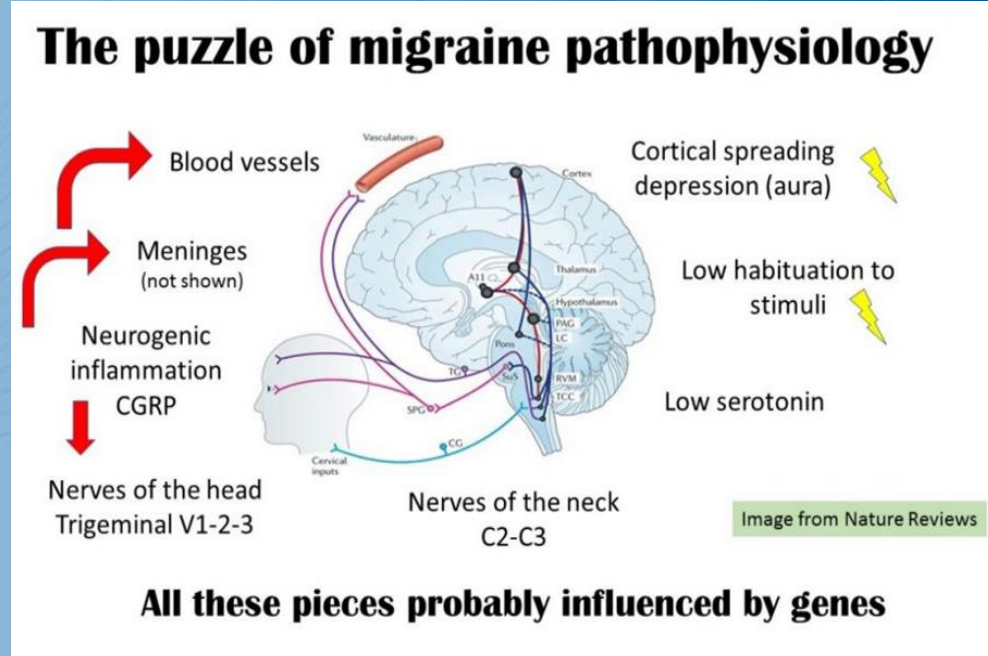


Image Courtesy of Migraine Canada

Genetics

- 60% have history
 - 53% from mother
 - 17% from father
- (Meredith Barad)
- 50-75% chance (American Migraine Foundation)

Family history: Migraines (Other)

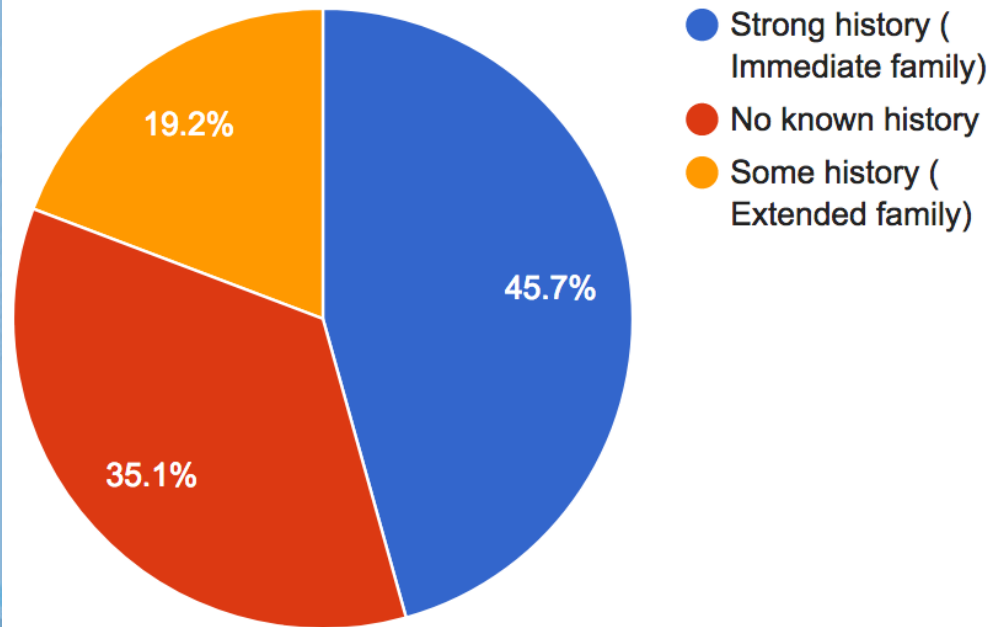


Image Courtesy of Vestibular Migraine Survey

The Effect on Migraineurs

- Anxiety and depression (Talkspace)
 - Three times more likely
 - 30% - 50% have anxiety
- Difficulty taking care of others
- Can not work or drive
 - Less money
- Physical activity, strong movement



Image Courtesy of Verywell Health

The Effect on Those Around

- Chain reaction
- Less time together
- Cancelling plans
 - Family trips/vacations
 - Holidays
- Having to care for others
- Mood changes

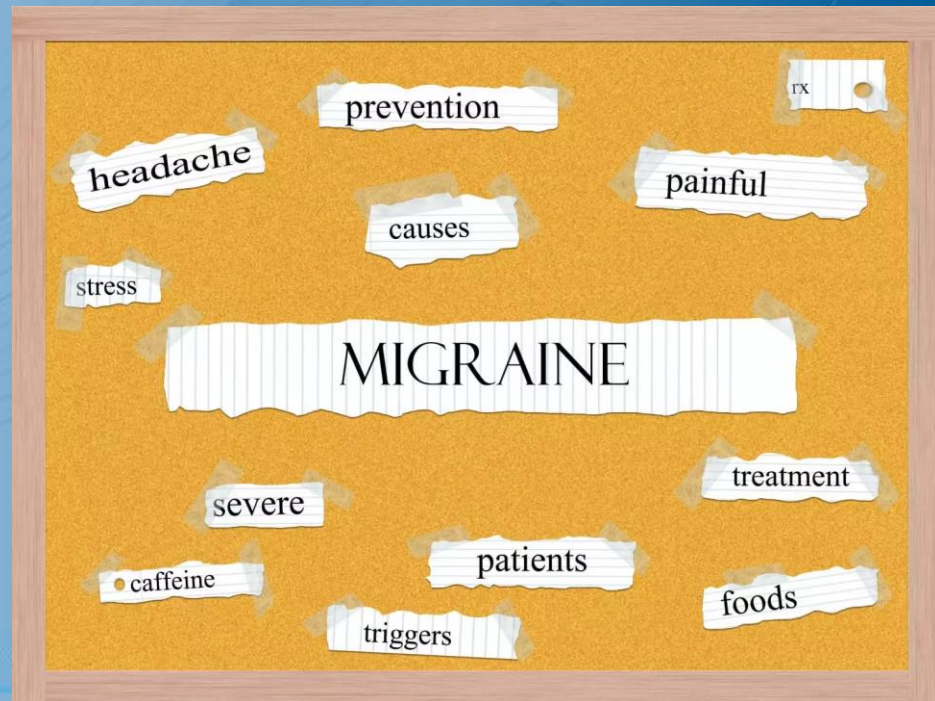


Image Courtesy of American Migraine Foundation

How You Can Help Migraineurs

- Turn the lights off
- Speak quietly/whisper
- Ask them what they need
- Be/act calmly
- Give them space if requested
- Help others be aware

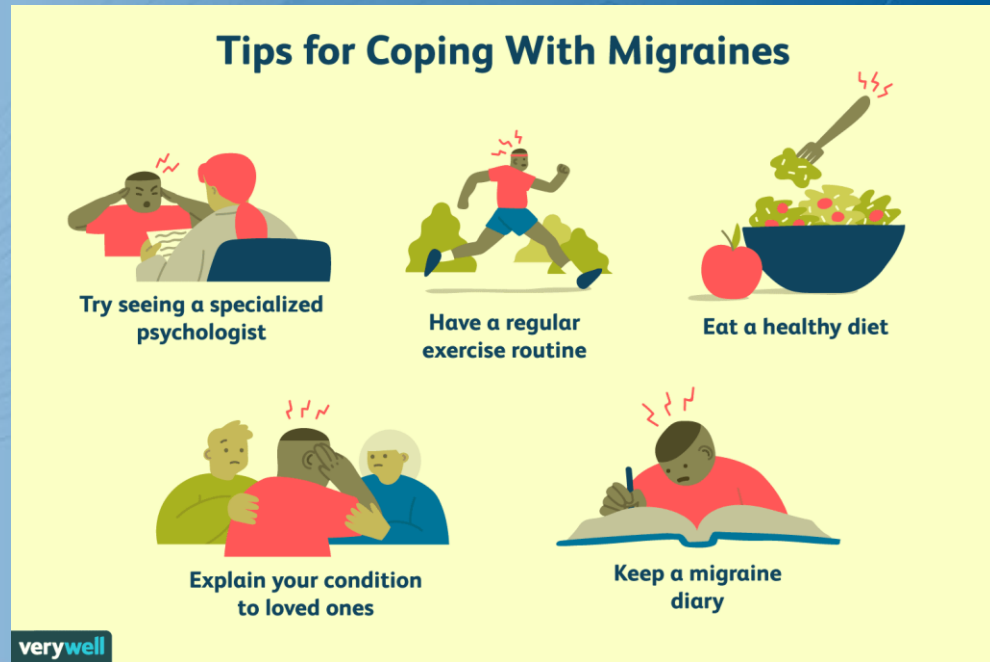


Image Courtesy of Verywell Health

How This Project Affected Us

- Group project
- Became experts
- Awareness
 - Disabilities
 - Family



Image Courtesy of Medical News Today

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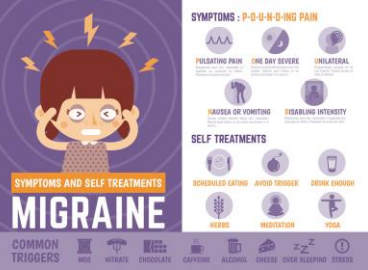


Image Courtesy of Narayana Health

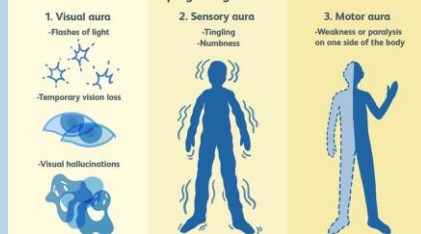


Image Courtesy of Verywell Health



Image Courtesy of Verywell Mind



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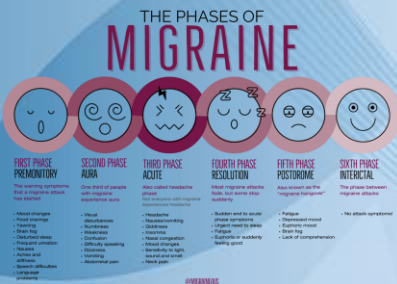


Image Courtesy of Migraine Australia



Image Courtesy of Priya Rama

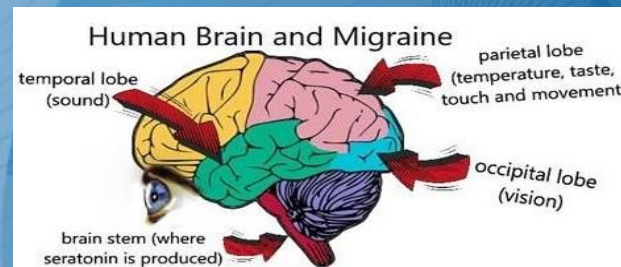


Image Courtesy of Wellington Eye Centre

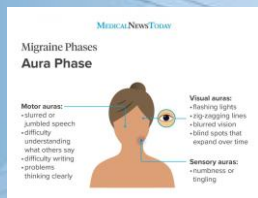


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