

Migraine Books

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8 jul 2025 think you may have migraine learn how to prepare for an appointment with your doctor effectively discuss symptoms and what to do after a diagnosis

discover a range of migraine treatments including prescription drugs over the counter painkillers devices natural remedies and more

people with migraine may experience different symptoms which makes it incredibly important to track the common and less common symptoms for a proper diagnosis

the international headache society names 2 main types of migraine migraine with aura and migraine without aura and both have several subtypes

learn about the types of migraine aura symptoms like vision changes sensory sensations such as numbness and tingling and what causes it

8 jul 2025 struggling to explain what migraine feels like this is an open letter to friends family and colleagues of people with migraine to help them understand it's not just a headache

find out about migraine including symptoms diagnosis treatment patient stories support and more from a migraine community perspective

read or ask questions in our migraine discussion forums covering topics such as treatment unusual symptoms coping caregiving recent research and more page 1 of 414

the way we discuss and describe migraine can be so individual to our experiences some people find that certain terms and phrases contribute to the stigma and misunderstanding surrounding migraine

beta blockers do not stop a migraine attack in progress instead they work in between migraine attacks to help your body stay headache free and hopefully improve your quality of life research shows that

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