

HOW TO MANAGE MIGRAINE?

What is Migraine?

A migraine is a **severe headache** that often **comes with nausea, vomiting, and sensitivity to light**. It can last hours or days.



Symptoms



Blurred vision



Sensitive to smell



One-sided headache



Neck stiffness



Nausea and vomiting



Sensitive to loud noises

Treatments

There is **no cure for migraine** but medicines or home remedies can help relieve pain or prevent migraine.

Over-the-counter (OTC) medicine for pain-relief

- Paracetamol
- Ibuprofen



1

Do take note that if you take medicines often to relieve your headache, this can cause a **medication overuse headache**, also known as a rebound headache. This means that the medicines you used to relieve your headache at the beginning, can cause other headaches to occur.

2



Prescribed medicine

- Migraines can be caused by a variety of reasons and you should **see your doctor to get medicines** to relieve your pain and treat your symptoms.
- In some situations, doctors may prescribe medicines to prevent a migraine attack.

3

Home remedies

- Drink enough water throughout the day to avoid dehydration, especially if you are vomiting.
- Rest in a dark and quiet room.
- Place a piece of cool cloth or a cold pack on your forehead.



HEALTH + advice tips

Ask your Doctor or our Pharmacist before taking any medicines or if you are unsure of your condition. Click [here](#) to read more on migraine.

Tips for Prevention



Avoid food and triggers that cause your migraine



Quit smoking



Avoid alcohol



Get seven to nine hours of sleep a night



Relax and reduce stress or reduce screen-time

When to see a Doctor?

- You have speech, vision or movement problems, including a loss of balance.
- Your headache is worse when you lie down.
- Medicines that once worked are no longer helping.
- Your headaches become more frequent.
- The severity of your headache is worse than before.
- Your headache comes on very suddenly.



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