Migraine Headache, Recurrent

A migraine is the most common headache. Headaches that keep coming back (*recurrent headaches*) usually have at least 2 of the following problems (*symptoms*):

- They occur on one side of the head.
- They throb or pound (*pulsate*).
- They are bad enough to stop you from doing daily activities.

You may have one or more of the following problems:

- Feeling sick to your stomach (*nauseous*).
- Throwing up (*vomiting*).
- Pain when you hear loud noises or see bright lights.

HOME CARE

Your doctor can help you with medicine and a plan to take the medicine.

GET HELP IF:

- The medicine does not help.
- The pain comes back.
- This migraine is different from past migraines.

GET HELP RIGHT AWAY IF:

- You or your child starts losing balance or having trouble walking.
- You or your child has numbness or weakness in the face, arms or legs.
- You or your child has trouble talking.
- Eyesight changes.
- You or your child feels lightheaded or passes out (*faints*).
- Muscles are weak.
- You or your child loses control of the muscles.
- You or your child gets a stiff neck.
- You or your child develops worse symptoms that are different from the first symptoms.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 03/14/2011
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