Migraine Headache, Recurrent

You have a recurrent migraine headache. The caregiver can usually provide good relief for this headache. If this headache is the same as your previous migraine headaches, it is safe to treat you without repeating a complete evaluation.

These headaches usually have at least two of the following problems:
- They occur on one side of the head, pulsate, and are severe enough to prevent daily activities.
- They are aggravated by daily physical activities.

You may have one or more of the following symptoms:
- *Nausea* (feeling sick to your stomach).
- Vomiting.
- Pain with exposure to bright lights or loud noises.

Most headache sufferers have a family history of migraines. Your headaches may also be related to alcohol and smoking habits. Too much sleep, too little sleep, mood, and anxiety may also play a part. Changing some of these triggers may help you lower the number and level of pain of the headaches. Headaches may be related to *menses* (female menstruation).

There are numerous medications that can prevent these headaches. Your caregiver can help you with a medication or *regimen* (procedure to follow). If this has been a **chronic** (*long-term*) **condition**, the use of long-term narcotics is not recommended. Using long-term narcotics can cause recurrent migraines. Narcotics are only a temporary measure only. They are used for the infrequent migraine that fails to respond to all other measures.

SEEK MEDICAL CARE IF:
- You do not get relief from the medications given to you.
- You have a recurrence of pain.
- This headache begins to differ from past migraine (for example if it is more severe).

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:
- An unexplained oral temperature above 102° F (38.9° C), or as your caregiver suggests.
- A stiff neck.
- Vision loss or have changes in vision.
- Problems with feeling lightheaded, become faint, or lose your balance.
- Muscular weakness.
- Loss of muscular control.
- You develop severe symptoms different from your first symptoms.
- You start losing your balance or have trouble walking.
- You feel faint or pass out.

MAKE SURE YOU:
- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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