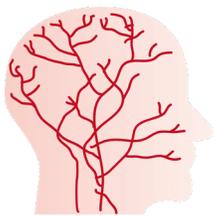


More than a headache

What is a migraine?

A migraine is when you get a headache that **keeps coming back and makes it hard to enjoy life**. It feels like a **strong pulsing pain on one or both sides of your head**.



What happens to the body during a migraine?

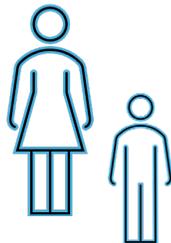
The exact cause of migraines is **unknown**, but it's thought to happen because of **unusual activity of the brain**

that makes things that are normally not painful feel painful.

Did you know?

About **39 million** Americans have migraines.

People assigned female at birth are **3 times more likely** to have a migraine.



How do I know that I'm having a migraine?

- Throbbing/pounding head pain
- Head pain is worse with movement
- Pain lasts for hours/days
- Sensitive to light/noise
- Feeling sick to your stomach or vomiting
- Problems with vision

If you have experienced some or most of these symptoms, you may have migraines.



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