

Self Test

If you think you may be suffering from migraine headaches, this self-test can help you discuss your concerns with your healthcare provider. Your answers can help your qualified healthcare provider to determine if you have migraines.

How many days a month do you experience the following?:

	Not at all	Several days	More than half the days	Nearly every day
A headache lasting 4 hours or longer				
Nausea and vomiting during a headache				
Take medication during a headache				
A headache and sensitivity to light				
A headache and sensitivity to odors				
See flashing lights or smell odd odors during a headache				

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____

Somewhat difficult _____

Very difficult _____

Extremely difficult _____

If you checked one or more of the shaded boxes it might be worthwhile to discuss your answers with your healthcare provider.

Take The First Step Today

If you are struggling with migraines, ask your healthcare provider about all of your treatment options. This could be your first step toward a happier and healthier tomorrow.



Migraines

What is the connection between migraines and your nervous system?



www.NeuroRelief.com

©2007 NeuroScience Inc. No part of this document may be reproduced without the expressed permission of the copyright holder. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

070323-PT-migraine

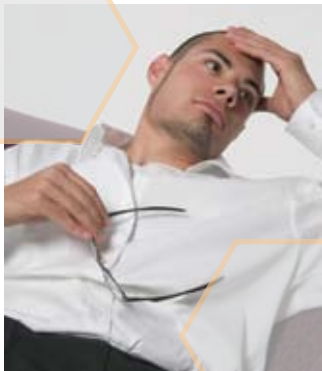


Recognizing Signs of Migraines

Migraines are characterized by head pain to one or both sides of the head and are normally accompanied by sensitivity to light and sound along with nausea. This excruciating pain can last from several hours to several days. Some migraines are preceded by auras. Auras are an irritated sensation varying from visualizing flashing lights to detections of odd odors. Not all migraine sufferers experience auras. There are different types of migraines based on the experience the individual has along with the cause of the migraine.

A number of things may trigger a migraine. Common triggers are stress, hormonal changes, smells, bright light, foods, physical activity, changes in weather, medications, etc.

Migraines often impair an individual to the extent that they can't function normally. For most individuals experiencing a migraine it is difficult to concentrate, to keep your eyes open, and even difficult to speak. Obviously, this can be disabling. Fortunately, there are things that can be of help.



Facts about Migraines

There is no cure for migraines. Medications and other therapies may help to decrease the frequency of migraines and alleviate the pain associated with the migraine.

- More than 28 million Americans suffer from migraine headaches. In fact, women are three times more likely to get migraines than men*.
- Researchers believe that during a headache there is a decrease in serotonin levels causing the trigeminal nerve to release neuropeptides. The neuropeptides travel to the outer covering of the brain causing blood vessels to dilate and become inflamed. The result is headache pain*.
- Levels of magnesium, an important mineral promoting proper cell function, drop right before or during a headache*.
- If a parent experiences migraines, their child is at risk of getting migraines*.

*Data adapted from the Mayo Clinic Staff

Migraines & Neurotransmitter Levels

Migraines are often a result of impairment in the nervous system. Particularly, imbalances in neurotransmitters can be an underlying component in the development of migraines.

Neurotransmitters are chemicals that relay signals between nerve cells, called “neurons.” They are present throughout the body and are required for proper brain and body functions. Serious health problems, including migraine, can occur when neurotransmitter levels are too high or too low.

Every neurotransmitter behaves differently. Some neurotransmitters are inhibitory and tend to calm, while others are excitatory and stimulate the brain. Healthcare professionals conclude that specific neurotransmitter imbalances are more likely to underlie certain conditions. Deficiencies involving the central nervous system’s neurotransmitters serotonin and norepinephrine appear to be involved in the development of migraines.

Environmental and biological factors—including stress, foods, hormonal changes, or genetics— can cause imbalances in the levels of neurotransmitter chemicals in the brain. These imbalances can trigger or exacerbate migraines.



Improving Treatment

Most of the pharmaceutical medications used to treat migraines either focus on the pain associated with migraines or the prevention of migraines. A common class of medication used to alleviate the pain and prevent moderate migraines from occurring are the nonsteroidal anti-inflammatory drugs (NSAIDs). If taken for long periods of time however, they may lead to ulcers or gastrointestinal bleeding. Drugs such as triptans are quite common for the treatment of migraines. They mimic the actions of serotonin by binding to serotonin receptors causing constriction of cerebral blood vessels. Preventive medications such as cardiovascular drugs, antidepressants, anti-seizure drugs, and NSAIDs, have been shown to reduce the frequency, severity, and length of migraines. Some of these drugs can have serious side effects*.

Neurotransmitter function can also be supported with nutrient-based programs. Neurotransmitters are made from various components found in food of a normal, healthy diet. Increasing the amounts of these dietary constituents can help maintain normal neurotransmitter levels.

While no program can guarantee success for everyone, it is worthwhile to effectively match a drug-based and/or nutrient-based program to the specific needs of the individual.

*Data adapted from the Mayo Clinic Staff