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### **Migraine – More than a Headache**

by Drs. Michael Teixido and John Carry

**Introduction**

Migraine is a common clinical problem characterized by episodic attacks of head pain and associated symptoms such as nausea, sensitivity to light, sound, or head movement. It is generally thought of as a headache problem, but it has become apparent in recent years that many patients suffer symptoms from migraine who do not have severe headaches as a dominant symptom. These patients may have a primary complaint of dizziness, of ear pain, of ear or head fullness, "sinus" pressure, and even fluctuating hearing loss. Fortunately, treatment regimens long established for the treatment of "classic" migraine headaches are generally effective against these "atypical" symptoms of migraine.

**How Common is Migraine?**

There are currently 28 million Americans with "classic" migraine headaches. In a room with 100 people, 13 are likely to have migraine. This is as common as diabetes and asthma combined. The number of people suffering with atypical forms of migraine is unknown. Females are 3 times more likely to have migraine than males. Although any person can have migraine at any age, migraine is most common between ages 30 and 50. The peak incidence of migraine in females occurs at 35 years of age—at this age, 28% of all females have migraine headaches. The peak incidence of migraine in men occurs at 30 years of age—at this age, about 10% of all males have migraine headaches.

Migraine is a lifelong problem. It may start in childhood and disappear and reappear in new forms throughout an individual's life. In general, there is a decrease in headache intensity and an increase in the incidence of atypical symptoms of migraine (vertigo, ear pain, bowel symptoms, etc) as patients mature. Migraine tends to run in families, so having a relative with migraine makes it more likely that you will have migraine as well.

Surveys show that only 48% of people with migraine headaches have had a diagnosis and are being treated for their headaches. Unfortunately, only 29% of US migraine sufferers are very satisfied with their treatment. This is usually a reflection of a lack of understanding of the nature of migraine and its treatment, or lack of commitment to effective treatments. We hope this material will help you to achieve better control of your migraine symptoms, whatever they are, and improve your quality of life.

**How are People with Migraine Different?**

Migraine is an inherited problem of ion channels in the brain. This may result in what is best described as a "sensitive brain". Most individuals exposed to loud noise, bright light, or excessive motion can adapt to these strong stimuli within minutes, but in the brain of a "migraineur" (migraine patient), the strength of the stimulus continues to grow until a migraine crisis occurs. This lack of ability