

FAST FACTS



Daily medication may be prescribed to help prevent migraine occurrence

Preventative treatment is considered if pain medicine use is frequent or ineffective

Keep a migraine diary to identify triggers and monitor the effectiveness of treatment

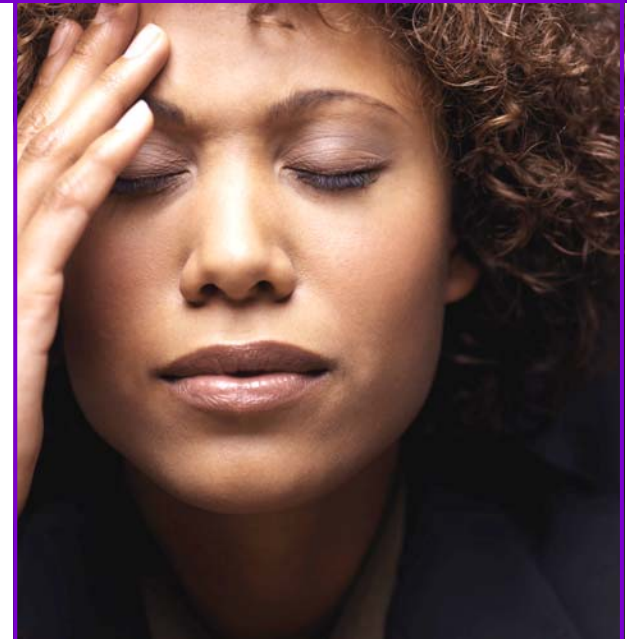
Frequent use of over-the-counter migraine medicine leads to “rebound headaches”



101 S.E. Third Street
Evansville, IN 47708



DISEASE
MANAGEMENT
LINK *to Better Health*



Migraine Management

*Providing support to help
you better manage
your health & well-being.*

By



TIPS FOR MIGRAINE MANAGEMENT

What is a Migraine?

A migraine is an intense, throbbing pain usually occurring in one area of the head, and often accompanied by nausea, vomiting, and sensitivity to light and sound. The debilitating pain may last 4 to 72 hours. Though the exact cause of migraine is unknown, it is believed to be related the trigeminal nerve and its affect on blood vessels in the head. Some suffers experience an “aura”, or period of visual disturbance, or other sensations, about 30 minutes before the migraine pain occurs.



What Causes Migraines?

Often, migraine “triggers” can be identified. Common triggers include:

- Exposure to bright or flashing light
- Change in sleep pattern
- Certain foods (including red wine, aged cheese, chocolate, aspartame, caffeine, and MSG)
- Skipping meals
- Stress or anxiety
- Environmental changes
- Hormonal fluctuations (menstruation, menopause)

What Can you Do?

- Keep a migraine diary to identify triggers, which should then be avoided.
- Take medication as prescribed. Your doctor may prescribe daily medication to prevent occurrence, or medication to treat symptoms as migraine occurs. Often, both types are prescribed.
- Get the right amount of sleep, regular exercise, healthy diet, and stress management to help reduce migraine occurrence. This will help prevent other debilitating conditions as well!



Welborn Health Plans Disease Management

For questions about migraines, or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265. Inclusion in mailing is based on claims data and does assume presence of diagnosis. This publication is not meant to replace the care or advice of your primary care provider.

If you wish to discontinue receipt of educational material, please call 800-521-0265.



101 S.E. Third Street
Evansville, Indiana 47708

Phone: 800-521-0265
Fax: 812-773-0589

welbornhealthplans.com