What to know...what to do:

- Migraine headaches are caused in part by body chemical changes in serotonin levels, blood sugar or hormones. A headache begins when blood vessels dilate.
- Certain things can set off migraines in some people. Certain foods, lights, noises, activities or hormones have been associated with an increase in headaches. Keep a record of diet and activity prior to each attack.
- Pain experienced with a migraine headache may vary from person to person. Some people start with a warning sign called an aura (classic migraines) and others are gradual and start slowly (common migraine). Ocular migraine may start as visual changes or field of vision is temporarily decreased.
- Symptoms may include: Throbbing or dull aching pain, Nausea with vomiting, visual changes, noise sensitivity or stress and hormonal changes.
- Methods to manage pain include: cool cloth or ice pack to area, quiet, dark atmosphere, analgesic prescribed by a physician. Over the counter caffeine, acetaminophen or Ibuprofen product may help.

Visit the Welty Health Center if...

- Persistent vomiting
- Uncontrolled pain or pain lasting longer than 24 hours.
- Altered mental status