

# What Is Migraine?

## A migraine is more than just a very bad headache

- It can make you feel sick in other ways too.
- It can keep you from doing your work or daily tasks.
- It can keep you from enjoying life.

## Migraine pain can be mild to severe

- It is often on one side of the head.
- It throbs or pounds.
- It may get worse when you move.

## Migraine may cause other symptoms

- You may feel sick to your stomach or vomit.
- Light or sound may bother you.
- You may have vision changes (aura) before or when a migraine starts.
- Some people also:
  - Feel pain in the back of the neck
  - Feel pain on both sides of the head
  - Feel pain in the face or around the eyes
  - Feel pain in the sinus areas
  - Have a stuffy or runny nose
  - Have watery eyes

## Migraine is not the same for everyone

- You may have some or all of the symptoms listed above.
- Your migraines may last a few hours or as long as 3 days.
- You may have migraines often or just a few times a year.
- Your symptoms may change with each migraine or stay the same.
- You can have migraines and still have other types of headaches.

**Work with your doctor to learn more about your headaches so you can feel better.**