



# Pathways of Migraines in the Brain

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## How a Migraine Develops in Your Brain

You likely won't notice a trigger of a migraine until changes to the cell activity and blood flow occur. This causes symptoms such as the abnormal visual experiences you may have. Sensitivity to light is usually one of the visual issues experiences, but hallucinations can also occur. You'll begin to recognize the symptoms of your migraines and there should be a pattern regarding what the first triggers are. You might find that you always become sensitive to light, that you always begin to feel dizzy, that you, or that you always begin to experience a sort of out of body visual experience. Recognizing the patterns of warning signs will help you to know when the best time to take medication is. Always take them at the first warning sign if you're able to. Migraines can progress quickly or slowly and can be more or less intense than previous ones, so always aim to treat a migraine as soon as you can.

