



# What to Know about Migraines

by NEWLIFEOUTLOOK TEAM

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## What Do You Know about Migraines?

With migraines, you'll notice triggers that you will have a migraine soon. It is at this time that you should take the medication that works best for you. Over-the-counter medication such as ibuprofen (Advil) and acetaminophen (Tylenol) tend to be the most effective. If you've tried one and haven't found it very effective, be sure to try the other as well. These two drugs work by using different mechanisms and so depending on the cause of your migraine, one will likely work a lot better than the other. With the right drug, you should be able to prevent your migraines most of the time. If you get a migraine even after taking a drug when you notice the symptoms, spend time in a dark room with your eyes closed. Cold therapy can help to reduce the pain. Have a large container of water to avoid going out of the room to stay hydrated and to have something to take your treatment.

# HOW MUCH DO YOU KNOW ABOUT MIGRAINES?

Millions of people all over the world suffer from migraines every day. Migraines know no bounds, affecting people from all walks of life, age, and gender. People suffering from migraines experience unimaginable debilitating pains. Unfortunately, many are not well-informed about the seriousness of migraines. The lack of awareness causes social stigma and a dismissive view of migraines. Because of this, migraine sufferers often feel isolated, misunderstood, and may even fail to seek the medical help they need to get better. So, how much do you really know about migraines?

**1 BILLION** PEOPLE WORLDWIDE SUFFER FROM MIGRAINES

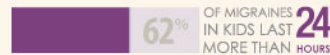
**20 MILLION** MIGRAINE ATTACKS OCCUR EVERYDAY WORLDWIDE

**3X** MORE WOMEN ARE AFFECTED BY MIGRAINES THAN MEN

**1 out of every 20** CHILDREN SUFFER FROM MIGRAINES



after puberty, estrogen fluctuations in the female body make women 3x more susceptible to migraines than men



MIGRAINES BECOME CHRONIC MIGRAINES WHEN THEY OCCUR **15 DAYS OR MORE** MONTH OR **24 HOURS**



MIGRAINES around the WORLD

