Top 10 NLO|Migraine Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. How Common is Migraine Medication Overuse?

Migraine medication overuse is a serious issue that many are unaware of. Barbara discusses the risks and how to avoid the nasty headache cycle.

9. Migraine and Thyroid Problems

Migraines and headaches, can affect everyone, yet they develop more often in people who have thyroid problems.

8. Migraine and Sensitive Skin

Migraine and sensitive skin often go together. Find out what may be causing your skin sensitivity and how an adjustment in your treatment plan may help.

7. Understand the Link Between Migraines and Depression

If you have migraines, chances are you have depression as well. This common coexistence is due to the bidirectional nature of migraines and depression.

6. Helping Others Towards Understanding Migraines

Many people have trouble understanding migraines. Consider these tips for coping with a lack of understanding and educating the people in your life.

5. Migraines in Children

Migraines in children are fairly common. Scientists estimate that 10 percent of children have migraines, and 5 percent have them starting earlier than the age of 12.

4. Migraines and Fatigue

Migraines and fatigue go often hand in hand — many migraine suffers experience lack of energy before, during and after the headaches.

3. Caffeine and Migraines

Caffeine and migraines have a particularly strange relationship: sometimes it relieves, and sometimes it exacerbates the pain.

2. Migraine Survival Kit

A migraine survival kit is something you can pack up and keep in your purse or vehicle or work at all times, so, when a migraine strikes, you’re prepared.

1. Complex Migraine

If you haven’t heard of complex migraine, or complicated migraine, you may be interested to know how it is different from a “regular” migraine.