The Best Preventive Measures for Those With Migraines

by MARLENE WALLACE

Migraine Prevention Guide

Still, to this day, doctors do not know what exactly causes migraines, but over the years, they have concentrated on finding medications that will help prevent these headaches or decrease the frequency to which they occur. Migraines can cause severe pain, can occur frequently, and can lead to significantly decreased quality of life. So, let's look at some migraine prevention strategies to help you find relief.

For most people, exercise is a way to relieve stress, which can lead to headaches. When it comes to migraines, certain exercises can trigger the onset of the pain. So how does one stay healthy without triggering a migraine if they are prone to getting them? There are two ways to help prevent a migraine if you want to exercise. One way is to pay attention to what exercise causes the migraine and try different exercises until you find the exercise you can do without triggering a headache. Second, take medication for migraines when you feel one coming on to combat it before it strikes. Remember these three helpful tips on keeping your migraine away:

- Pay attention to migraine triggers.
- Be willing to make lifestyle changes.
- Take migraine medication.

Beta-Blockers

Preventive medication is a type of treatment that is good for people who have frequent migraines. This approach is good to take unless you experience side effects from this type of medication. These drugs can lessen migraine pain, prevent the onset of migraines, or reduce the number of migraines per month.

Even though beta-blockers are usually used to treat heart disease and blood pressure, they somehow seem to help with migraines, too. Physicians believe that blood flow improvement from using the beta-blockers may be the key to preventing migraines. They aren't exactly positive in their studies. Some of these drugs are Inderal, Innopran XL, Blocadren, Lopressor, and Toprol XL.

Antiepileptic Drugs

Antiseizure drugs are also known to prevent migraines. Neurons in the brain are calmed by certain antiseizure medications. Even though the percentage isn't high, 20% of people who have epilepsy have migraines. Studies show that neuron excitability may be partly responsible for epilepsy and migraines. Medications to take that will help with both are:

- Depakote.
- Depacon.
- Topiragen.
- Topamax.

Triptans

Triptans are a type of medication used for menstrual-related migraines. Frova is a triptan medication and is the one used for menstrual-related migraines. Other triptan medications are being used for migraine treatments and management. The serotonin is affected by the medicine, and this relieves the headache. New studies are being conducted on this medication class and how these drugs help patients with migraines.

Antidepressants

Two classes of antidepressants have been used for treating migraines. One is Effexor, and the other is tricyclic antidepressants, such as Elavil. These drugs help by controlling the level of the chemical serotonin in the brain. Many other antidepressants help with migraines, such as Trazadone, Paxil, and Prozac.

Botox

Now, you can prevent migraines and keep wrinkles at bay. Botox is a toxin produced by the bacteria Clostridium botulinum. This product weakens and even paralyzes muscles, but most know it as a wrinkle treatment. The FDA approved Botox in 2010 as a preventive treatment for migraine headaches in people who have frequent migraine attacks. Patients who have at least 15 migraines a month can seek help with Botox, but they also have to last four hours or more on that given day. Physicians believe that Botox prevents the release of some chemicals which could cause migraines.

Changes in Lifestyle

A regular sleep pattern with plenty of sleep of 8 hours or more can ward off migraine headaches. Try to get the same amount of sleep every night, and too much or too little sleep can trigger headaches. Also, exercise has been known to trigger migraines, usually with overexertion. Moderate exercise may reduce the number or duration of migraines that you may get. Additionally, stress is one of the most common triggers of a migraine. Relaxing is the key. Here are a few stress relievers that will help:

- Nice warm bubble bath.
- Yoga.
- Meditate/prayer.
- Nice walk.
- Soothing music.
- Short nap.

Eating regularly is good for the blood sugar levels because if your sugar drops even slightly, it may trigger that terrible migraine. Water is also good to prevent them due to dehydration, which will cause a migraine. Also, if you can't take medication or it's not enough, try these pamper stress reduction measures:

- Massage.
- Acupuncture.
- Hot Shower/Bath.
- Swim (if the water isn't too cold).
- Therapy.