

# 8 Myths about Migraines:

**Myth #1:** If you don't experience AURA, you don't have a migraine. **Fact:** Truth is only 25% of migraine patients experience a migraine with aura. People who have a migraine with aura, they can have a migraine without aura as well. Migraines may progress in four stages: prodrome, aura, attack and postdrome. Not everyone experiences all four stages during a migraine.

**Myth #2:** Only adults suffer from migraines. **Fact:** A migraine can happen to anyone at any age. The most common age range is 20-40 years of age. The condition does improve as people get older toward 50's and 60's age range. About 18% of women, 6% of men and 10% of children suffer from migraines.

**Myth #3:** A migraine is only a bad headache. **Fact:** A migraine is a neurological disease. A headache is the symptom of the disease. A migraine can happen without the headache, which is called a silent migraine. A migraine is characterized by its nature of inheritance.

**Myth #4:** Nothing can be done for migraines. A person must learn to live with them. **Fact:** This is far from the truth. It is a fact physicians or therapists cannot treat a migraine. Here at Innovative Rehab, we have used a proven treatment method called Craniosacral Therapy, AYURVEDA and aquatic therapy to help eliminate migraines. Also, we can teach you how to prevent a migraine attack.

**Myth #5:** A migraine only attacks on one side of the head. **Fact:** Although headaches on one side of the head are very common, one-third of cases have headaches on both sides of the head.

**Myth #6:** Migraine and stroke have nothing to do with each other. **Fact:** Though inconclusive, risk of stroke has proven high for women 30-40 years of age who have high re-occurrences of migraines, are regular smokers and who use birth control pills. Migraneous infarction is the name given to a mini-stroke that happens during a migraine attack.

**Myth #7:** Migraine is a disease of the blood vessels or an inflammatory disease. **Fact:** For a long time migraine WAS considered a disease of the blood vessels or an anti-inflammatory issue but recent research has proven that it is actually a nervous system (brain-related) disorder which depends upon how excitable your brain cells are under certain conditions. (Dr. Zameel Cader and Professor Peter J Goadsby. 2011)

**Myth #8:** Migraines always attack young women. **Fact:** Before puberty migraines attack more boys than girls but it is true more adult women are victims than men.

