

### 1: Watermelons, Histamines, Tyramine, and Migraines

*Living with migraines can be a difficult challenge. Almost one-third of migraine sufferers experience moderate to severe disability. The head pain and other migraine symptoms make it difficult for many to function during attacks.*

Check out this library of migraine resources 3. Managing them can be quite complicated. Although I am on several medications aimed at preventing my migraines, they only seem to work some of the time. Personally, my big food triggers are chocolate one of my favorite treats and gluten products. A cure sure would be great. I am mentally and physically exhausted, and all I want to do is sleep. Just like during the migraine, I am still sensitive to sensory input such as loud sounds, bright lights. There might as well be a jackhammer in the room. Migraine symptoms can be frightening. Personally, I find neurological symptoms such as blurred vision, lightheadedness, vertigo and ocular pressure pretty scary. For me, these can occur as a warning that a migraine is coming, and they might actually continue during the onset of the head pain. The severity of the head pain can also be a little frightening. I remember having my first migraine as a young teenager, and I thought something was seriously wrong. I freaked out and that, of course, made the pain worse. I know some people can also experience stroke-like symptoms with their migraines. So, in that sense, I am grateful. Living with frequent migraines can really be a battle. The Mighty is asking the following: Create a list-style story of your choice in regards to disability, disease or illness. It can be lighthearted and funny or more serious “whatever inspires you. Be sure to include at least one intro paragraph for your list. Check out our Share Your Story page for more about our submission guidelines. Find this story helpful? Share it with someone you care about. She has a B. Her dream is to help empower people, especially those dealing with chronic and mental illness, to truly love themselves and to advocate for what they need. She loves spending time with her family, snuggling her dogs, laughing, listening to good music, cooking, and finding inspiration in the world around her. You can follow her journey on her blog, [http:](http://)

### 2: Living with Chronic Migraines: Lessons and Truths - Chronic Migraine Life

*Migraine is an inherited neurological disorder that is characterized by over excitability of specific areas of the brain. Although we do not clearly understand how a migraine brain is different or what happens in the brain to start a migraine, we know that individuals with migraine are more susceptible to the influence of transient factors, termed "triggers," that raise the risk for having.*

If a migraine is especially bad, she may need to go to the emergency room, where they give her fluids and pain medication. She makes a trip to the ER an average of every six months. Her medications include frovatriptan Frova. These included anti-seizure drugs, beta blockers, opiate painkillers, and anti-anxiety and depression medication. Her migraines can last between 24 and 48 hours, and Bonnie usually needs a full day of recovery once the pain recedes. The headaches take an emotional toll as well as a physical one. But if I say I have a migraine, I can feel them rolling their eyes. It gets old after awhile. One of the worst aspects of having a migraine is the feeling that no one can count on her, Bonnie says. She also lives in fear of her next migraine. Will I make it to that wedding? What kind of wife am I? What kind of mother will I be? Know Your Triggers Through many years of trial and error, Bonnie has learned strategies that have reduced the chance of developing a migraine. Her diet is a very important component of her daily anti-migraine plan. She knows she needs to drink plenty of water, eat regularly, and stay away from processed foods. Lately, she has another reason to skip the wine—she is pregnant, and is dealing with morning sickness along with her headaches. Another factor in preventing migraines is getting enough sleep. She also tries to avoid staying out for too long in the sun, another migraine trigger. She and her mother, Lisa, work together in real estate. Ralph often cooks, cleans, shops for groceries, walks the dog, and takes care of other household chores.

### 3: Migraine | Living with Chronic Migraines - Life Effects By Teva

*Katelyn, whose grandmother and aunts also have frequent migraine headaches, discovered that alcohol was a trigger for her migraine headaches by diligently keeping a log of her symptoms, what she.*

Chronic pain , Coping acceptance , chronic illness , chronic migraine , Chronic pain , coping , grief , mindfulness Angie Living with chronic migraines is not for the faint of heart As of July 3, , I have been reluctantly living with chronic migraines for four years. This anniversary passed with a pit in my stomach, extra weight on my shoulders and limbs , and nothing more. How can I explain the agonies, the nightmares , the feverish desire of the past four years? How can I possibly explain the calm with which I now greet each day “ even as a storm rages in my brain and central nervous system? Living with Chronic Migraines: But unravel its threads and you can see the truth, the beauty, and the freedom that this idea holds. For women, this idea is familiar or even obvious. We who bleed monthly with a whole body shudder know suffering. We who hold the seed of life every day, feel the weight of its responsibility, know this. We who are sick know this. But as independent, modern women and men, we fight suffering. To be still , to accept the suffering of life , is to be free. To end the seeking , to acknowledge your suffering, is to be free. To feel the suffering of others flow through you, made of the same cloth as your own, is to be human. The idea that life is suffering “ and that it still goes on “ hit me suddenly four years ago with the shock of jumping into a near-frozen lake. It took me four years of fighting, four years of weakness, four years of seeking and desiring, to learn how much power I hold in my suffering. After the drought Life is suffering. In the scream of a blackbird as a raven devours her young. In the bumper to bumper traffic you sat in this morning. From pain, comes beauty. From pain, comes life. The past four years learning how to live with chronic migraines have been equally draining and enlightening. Tools for Thriving and Living with Chronic Migraines Each of these resources has helped me personally. If you have issues with sleep, anxiety, or depression on top of chronic migraines, I encourage you even more strongly to see how much a good therapist can help.

### 4: Living with migraines

*Living with migraine. Taking some time to understand this complex neurological condition may help you to live with migraine and to work in partnership with your.*

Fruits and vegetables from this group are great sources of vitamins and nutrients such as A, C, iron, folic acid etc. The less known fact about the seeds is that they contain a toxin called Cucurbitin. Why is this so important for migraine sufferers? Cucurbitin prevents the formation of histamines. Most of you have heard of anti-histamines, drugs specifically produced to inhibit the action of histamines. Histamines cause the allergic reactions you feel when eating something inappropriate. They let the brain know that something is wrong in the body. White blood cells are dispatched to the troubled area. Histamines could be causing your headache you feel. Watermelon is a low-histamine fruit and, the properties of cucurbitin specifically prevent the release of histamines. If watermelon prevents the release of histamines, it should be good for migraine sufferers? Unfortunately, it is not that simple. As we have discussed, tyramine build-up in almost everything that we eat is bad for those of us with migraines. It is not that we suffer from migraine headaches, but rather that the headaches are symptoms of the actual intolerance. In the case of watermelon, it may sometimes be alright to have a slice or two. However, this will depend on what state the melon is in. You can read more about how and when to eat watermelons [here](#) and how to identify tyramine [here](#). Furthermore, the reasons for our intolerance may be far removed from the actual foods we ingest. If you suffer from leaky gut or SIBO or other, the very reasons why you have a histamine or tyramine sensitivity and intolerance should be investigated. Summer grilling As summer grilling heats up, migraine sufferers will be exposed to histamines and tyramine from many different foods. Those of us with migraines need to pay attention and avoid specific foods around this time.

### 5: Living With Migraines

*Living with migraines is difficult, to say the least, and living migraine free is not always possible, but it doesn't have to be impossible. Finding the right tools and tricks to cope can minimize their impact.*

This week is dedicated to raising awareness for these increasingly common disorders, which often go undiagnosed or misdiagnosed. How did it begin and how were you diagnosed? Are you a fan of your current doctor? My name is Rochelle Matheson. I was formally diagnosed with VM on Sep 4th, I have suffered from vestibular issues in varying degrees since I was 10 years old, but did not seek a doctor until I was 26, and received my diagnosis when I was I love my current doctors. Have you ever tried Vestibular Therapy? I initially made an appointment with him because he came highly recommend by an audiologist I was seeing, and I was desperate for a diagnosis I had not received one at that point. After doing a few initial tests and talking with him at length, he came to the conclusion that I am a sufferer of Vestibular Migraines. He let me know that Vestibular Therapy sometimes helps those with VM, and sometimes it does not, but there is no harm in trying. This is because VM is not caused by damage to the vestibular nerve that needs to be compensated for; instead the brain is causing the vertigo. I do VRT exercises more now for the psychological benefits. How did you get the idea that food and migraine might be connected? Are you on a particular diet to manage your migraines and have you noticed that it helps? I did the migraine elimination diet to identify my trigger foods, so I try not to cook or eat those trigger foods. However I will admit that my love of food sometimes overrides this diet and then I knowingly reap the consequences. The biggest hurdle by far was getting a diagnosis. Knowing is half the battle. Is there any person, book, podcast, etc. Finding out that Vestibular Migraines have only been recognized as its own condition and therefore taken somewhat seriously by doctors very recently really has inspired me to be a better advocate for my health and vestibular disorders in general. So I guess you could say that my diagnosis inspired me, and the person who finally provided it for me, my VRT, Michael Schubert. What do you hope for the future as far as your healing? Do you have a long-term goal for managing your VM? I am hoping for advances in neurological medicine and the study of migraines so there are better solutions therapies, medicines, etc for those suffering from them than just avoiding trigger foods and other triggers. If you could give any person who has been newly diagnosed with vestibular migraine advice, what would you say? Make sure to see a neurologist who is versed on vestibular issues if possible, and read a lot into Vestibular Migraines and how they differ from other vestibular disorders to help understand why you feel the vertigo you feel. Explaining this to your friends, coworkers, and family can be extremely difficult. I have explained my disorder to many friends, family, and coworkers, but I feel as though the only people who truly understand are fellow vestibular patients. This is why I have decided to go back to school to become a VRT myself, because I believe my position as a Vestibular patient will be invaluable to me as a doctor caring for and understanding others who are also suffering. Is there any one product, supplement, device, etc. It is a game changer. Thank you, Rochelle for sharing your experience and for making a huge effort to spread awareness through being a VeDA Ambassador and vestibular therapist in training! To Like or Share:

### 6: Living with Migraine Archives | [www.enganchecubano.com](http://www.enganchecubano.com)

*Record & Discuss the Impact of Migraine. Tracking your migraine attacks is an integral part of living with migraine. Diaries can provide a more detailed insight into your life with migraine, which can help your doctor inform a course of treatment or changes to a current treatment.*

Calcium Channel Blockers Like beta blockers, calcium channel blockers CCBs are used for high blood pressure as well as migraine prevention. CCBs might be especially useful for patients with aura. Verapamil Calan, Verelan is often selected as the first CCB for migraine because it has fewer side effects and is available in an affordable generic form. Like beta blockers, the exact way that CCBs work to relieve migraines is not known, but they appear to reduce narrowing of blood vessels. Side effects with CCBs like verapamil may include dizziness, drowsiness, constipation, low blood pressure or headache, but these can lessen over time.

Anti-Seizure Medications Certain anti-seizure medications anticonvulsants , for example: However, these drugs can be linked with unpleasant side effects at higher doses. Valproic acid may lead to nausea, vomiting, weight gain or hair loss alopecia. Plus, valproic acid should not be used in pregnancy. Topiramate may cause a sensation of tingling, burning paresthesias , drowsiness, nausea, weight loss and dizziness. Anti-seizure medications should be slowly tapered if your doctor stops treatment. Patients should discuss side effects with their doctors prior to treatment. Botox Botox is FDA-approved to help prevent migraine headaches in adults with chronic migraine, defined as 15 or more headache days a month, each lasting 4 hours or more. The generic name for Botox is onabotulinumtoxinA and it may be an option for those who have had limited success with more traditional treatments. In the doctors office, multiple Botox injections are made into the muscles of the forehead and neck, and treatment is repeated every 12 weeks if successful. However, there are maximum dose limits to be aware of when Botox is used for other indications, such as to smooth wrinkles or for overactive bladder.

Aimovig in a New Class: However, alternatives from a unique class of preventive migraine medications are now being approved. These new monoclonal antibodies are able to block either the calcitonin gene-related peptide CGRP receptor or the CGRP ligand to prevent receptor binding. These agents are novel and long-acting. Aimovig erenumab-aooe , from Amgen, is the first FDA-approved CGRP receptor antagonist that works by blocking the activity of calcitonin gene-related peptide, a molecule that is released during migraine attacks. Aimovig is given once monthly as a subcutaneous under the skin injection. The suggested dose is 70 mg once monthly; however, some patients may benefit from a dosage of mg once monthly In three studies of patients with episodic migraine, Aimovig-treated patients experienced 1 to 2. Common side effects with Aimovig include injection site reactions and constipation. It is the second approved CGRP migraine preventive; it binds to the ligand and blocks its binding to the receptor. Ajovy is given as a subcutaneous injection once every month mg or once every three months mg. In clinical studies, Ajovy was studied as both a stand-alone agent and combined with oral preventive medications. In these trials, patients experienced a reduction in monthly migraine days over a week period. Common side effects were injection site reactions and infections. Studies for chronic cluster headache were discontinued in June as primary endpoints were not met. Dosing is mg given once monthly by subcutaneous injection after an initial one-time loading dose mg. In Phase 3 studies the primary endpoint was the mean change in the number of monthly migraine headache days MHDs from baseline. Statistically significant reductions ranged from 4. Common side effects are injection site reactions; allergic reactions, such as rash, itching and shortness of breath were also reported.

Migraine Agents for Nausea and Vomiting Nausea and vomiting are common with migraine headaches. Medications for nausea and vomiting can usually be used at the same time as medications used to treat the migraine. Traditional agents for nausea and vomiting include: Vestibular Migraines Take a regular, throbbing migraine, throw in a component of vertigo a sensation of motion or spinning and what you get is a vestibular migraine, a rare form of a migraine headache. The dizziness actually stands out as the most prominent feature of a vestibular migraine. Hormones and Migraines The menstrual cycle and hormonal changes may be linked to a migraine attack in some women called a "menstrual migraine. Migraines associated with the menstrual cycle tend to start a few days before or during the period. In general, menstrual

migraines tend to be more severe, last longer and occur more frequently than migraines that occur at other times. A study found that women who suffer from migraines may be able to safely use hormone therapy to treat menopause symptoms. The study of 85, U. Migraines in Pregnancy Roughly 55 to 90 percent of women report an improvement in their migraines during pregnancy, probably due to stabilization of estrogen levels. However, many common migraine medications - like the ergots - cannot be used in pregnancy due to toxicity to the fetus. Women who are considering pregnancy should speak with their doctors about migraine treatment options prior to conception. Non-drug therapies such as relaxation techniques, biofeedback, or ice packs may be helpful. Acetaminophen may be one option for the pregnant patient with migraines, but may not be effective in severe migraines. For women with severe symptoms who do not respond to other options, triptans can be considered in conjunction with your healthcare provider. Most data exists on sumatriptan. As reported in Headache , in a registry in which over pregnant women reported use of sumatriptan during pregnancy, an increased risk of birth defects in infants was not documented. A Word of Caution: Rebound Headaches Overuse of antimigraine medications can lead to medication overuse headaches, or "rebound headaches" in about 2 out of every people. Patients may have headaches almost every day. Rebound headaches can occur with most acute pain treatments used for migraines, including: Patients may find that they have to use increasingly larger doses of medication to treat the headache, which may in fact only worsen the rebound headache and lead to side effects. Speak with your doctor about treatment options if you find that your headaches are not relieved with prescribed doses of medications. Another Word of Caution: Butalbital or Opioid Use in Migraine Several prescription controlled drugs contain butalbital or narcotics as a component of the medication, along with either acetaminophen, aspirin, or caffeine. These drugs Fiorinal, Fioricet, Phrenilin have long been marketed and prescribed for tension-type or migraine headaches. While their short-term use might seem reasonable for severe, acute migraine pain, butalbital and codeine are narcotic opioids with addictive potential. In a study , researchers found that IV prochlorperazine given in the emergency room was far superior to use of hydromorphone, another opioid, for migraine. Doctors and patients should consider available alternatives before using opioids for quick relief of migraine pain. NSAIDs, acetaminophen, or triptans for more severe headaches, are preferable due to proven efficacy and lower risk for abuse. The efficacy of isometheptene-dichloralphenazone-acetaminophen previously Midrin is questionable for migraines. Living with Migraine Headaches: A Battle For Your Bones Osteoporosis is a condition where bones become weak and brittle and can easily break. Although more often diagnosed in older women, osteoporosis can affect anyone but there are several lifestyle changes you can make to keep your bones in the best health possible. Eli Lilly and Company. Accessed September 16, at <https://www.lilly.com/therapeutic-antibodies-against-cgrp-or-its-receptor>. Br J Clin Pharmacol. Accessed July 15, at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4011111/>: Blocking CGRP in migraine patients - a review of pros and cons. A New Target for Migraine. Annu Rev Pharmacol Toxicol. Accessed May 14, at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4011111/>: Final results from the year sumatriptan, naratriptan, and treximet pregnancy registry. Accessed July 15, at <http://www.nationalinstituteofhealthandclinicalexcellence.org/evidence-based-guidelines-for-migraine-headache-in-the-primary-care-setting>: Ergotamine in the acute treatment of migraine: Accessed July 15, National Institute for Health and Clinical Excellence. Botulinum toxin type A for the prevention of headaches in adults with chronic migraine. Migraine Diagnosis and Treatment: Journal of Head and Face Pain Andersson KE, et al. Beta-adrenoceptor blockers and calcium antagonists in the prophylaxis and treatment of migraine. Drugs in Pregnancy and Lactation: What are vestibular migraines?

### 7: Living with Migraines: Grief, Loss and Pain

*Migraines: Migraine Treatment and Prevention Options: The most important information you need to improve your health (The Everything® Healthy Living Series).*

The same headache visited me yesterday, and the day before that. They were all I thought about. They became who I was. On the good days, the pain was just a mild throbbing sensation. Other times, there was a general sense of an ever-tightening pressure. The pain never went away, unless I was asleep. So I slept a lot, as much as my body would let me. But following a drawn-out viral infection that left me sneezing and feeling run down for weeks, I started to get headaches every day, and they were more painful than usual. A few months later, on top of those daily headaches, I developed occipital neuralgia, a distinct type of headache that causes electric-shock-like pain in the upper neck and behind the ears. Eventually, I became extremely sensitive to light. At that point my doctor suspected my condition had transformed into a daily migraine with a side order of occipital neuralgia. As the pain varied, so did my moods and reactions to it. When the pain was at its worst, I felt like I would go crazy if I had to deal with it for one more minute. I spent most of one particularly bad month in bed, crying. I worried that I would never get better. I also cut my hours at work. As a result of all these changes, I lost my sense of self—by far the scariest part of being sick. In those darkest moments, staring at my dog helped. But as annoying as it is to be falling asleep by 9 p. Aside from talking to my dog, a few other things helped me cope. Find the right doctor. It was then that my headaches started to get better. Have someone to talk to. I was able to talk to my husband about what I was going through. He had a bout of bad back pain a few years ago, so he understood much of my fear and frustration. I gave up a lot of the things I did before I got sick. My husband took over just about all our household duties. And as I mentioned, I worked part-time during the worst of things. This can be difficult psychologically, but it can also be necessary. Keep your mind occupied. While I lay in bed, I found podcasts and books on tape to keep me entertained. I also got a tai chi DVD to help me move around a little when I got sick of lying down. They feel like miracles. This is an excellent resource for headache sufferers. It describes the various types of headaches, their treatments, and self-help and alternative therapies.



### 8: Surprising Ups and Downs of Living with Vestibular Migraine

*Living Well With Migraines Nine out of 10 people can't do normal activities when a migraine strikes. You may feel like you're not in control of your life when a migraine starts, but being prepared can help you cope.*

Blog Living With Migraines: Grief, Loss And Pain The impact of living with migraines goes far beyond the disabling pain and symptoms. Chronic pain can impact every area of your life. If you are here reading this, then you probably already know that migraines can wreak havoc in your life and destroy much of what you love. With the right attitude and the right tools and tricks to cope, you can minimize their impact on your life. Sensible changes in everyday habits, along with avoiding migraine triggers, can have a huge impact on this debilitating condition. And the drug therapies available today are more effective than ever before. Living with migraines and chronic pain that repeatedly interferes with the fun bits of life, or prevents you from being motivated and efficient, is as frustrating and depressing as it is painful. Plus, no two migraine sufferers are the same, which means you will have to find your own solutions, most likely by trial and error. The problems we face as migraineurs can seem insurmountable. I have loads of tips You can learn to manage your pain better right now What Are Your Options? While migraines might dissolve your ability to maintain control over certain parts of your life, you also have several options at your disposal to enable you to take action and to make wiser choices. See your doctor and perhaps a specialist to get the right diagnosis. DO NOT use doctor google and self diagnose. Seeking out the right information to educate yourself on migraines used to be difficult. You can read about that here - The Migraine World Summit. Be Proactive Right now you can take action doing somewhat simple things like: Build a Support Network Forming a network of personal medical and healthcare professionals and therapists to help you cope with this medical condition can instill some sense of control, manageability and hope to maintain a more pain-free lifestyle. I write all about how to do this in my Migraine Pain Management course. Find What Works Just For You You can consider both the traditional and the alternative more natural approaches to migraine. So you can choose to learn about natural pain relief solutions like:

### 9: What It Feels Like to Live With Chronic Migraines | The Mighty

*Factor in the additional pressures faced by anyone living with migraine, along with the multiple migraine triggers present in most work settings, and you can find yourself stressed, a known migraine trigger.*

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