

5 Types & Tips for Migraine



5 (main) types of migraine:

1. **Migraine** – throbbing headache associated with photosensitivity or phonophobia
2. **Migraine with aura** – preceded by transient visual, sensory or speech disturbance
3. **Vestibular migraine** – dizziness / vertigo is the predominant symptom
4. **Hemiplegic migraine** – headache with unilateral paraesthesia or weakness
5. **Menstrual migraine** – attacks occurring around menstruation

5 tips for migraine:

1. **Avoid drugs** – recreational, alcohol, medication overuse (too much analgesia).
2. **Simple measures** – reduce stress, stay well-hydrated with regular meals, rest in a quiet dark room and avoid excess caffeine.
3. **Simple analgesia** – advise paracetamol & ibuprofen (can be taken together) or aspirin 300-900mg.
4. **Headache diary** (for 1 month) – triggers, frequency, precipitating & relieving factors as patients may notice a pattern (migraines require individualised approach!)
5. **Migraine treatment** – if >1 attack weekly despite above then triptans with prokinetic anti-emetic & prophylaxis (e.g. amitriptyline, propranolol) can be considered.

Remember, migraine should be managed in primary care and not referred directly from hospital to Neurology clinic. Routine referral to headache clinic in refractory cases.