**BLOG – What are the Causes and Most Effective Ways to Treat Migraines?\_d2**

Cutting Edge Integrative Pain Centers

What are the Causes and Most Effective Ways to Treat Migraines?

**Keyword**

Migraine Treatment in Indiana

**Target Web Page:**

N/A

**Description Tag** (145 characters):

Learn effective treatment options for migraines and what causes them from Cutting Edge Integrative Pain Centers. Call 574-821-4363 to learn more.

**Title Tag / Headline**: What are the Causes and Most Effective Ways to Treat Migraines?

In the United States alone there are approximately 37 million people who suffer from migraine headaches—with 2-3 million chronic sufferers. A typical migraine headache can last between 4-72 hours and occur as little as once a year or as often as several times a week.

**What is the difference between a headache and a migraine?**

A headache is a symptom of pain that is caused when the muscles between the head and neck contract. By contrast, a migraine headache tends to range from moderate to very severe throbbing pain at the front or the side of the head. Migraines can linger for days and is often accompanied by other symptoms like nausea, dizziness, sensitivity to light or distorted vision.

**Common causes of migraines**

A number of factors may trigger a migraine, including:

* **Hormones**  
  Women are more likely to experience a migraine shortly before menstruation, when estrogen and progesterone levels naturally fluctuate. Some evidence suggests low testosterone may trigger migraines in men.
* **Food and drinks**  
  Eating aged cheese or processed foods, skipping meals or fasting and consuming beverages with caffeine or aspartame may all trigger migraines.
* **Stress and sensory stimuli**  
  Stress, bright lights, sun glare, loud sounds or strong smells may all trigger migraines.
* **Weather**Changes in barometric pressure can prompt a migraine headache.
* **Changes in sleep-wake patterns**  
  Inconsistent sleep patterns and jet lag may lead to migraines.

**Most effective ways to treat migraines**  
If you’re prone to migraines, there are some effective ways to stop them before they start, such as:

* **Managing triggers**  
  Keeping track of your food, beverages and activity may help you recognize and avoid anything that may prompt a migraine headache.
* **Managing estrogen levels**  
  If you are a woman who is prone to pre- or post-menstruation migraines, speak with your doctor about switching to a low-estrogen contraceptive.
* **Limiting or avoiding alcohol and caffeine**These beverages may cause a hangover or withdrawal effect that often triggers migraines.
* **Eating and sleeping at about the same time every day**  
  Maintaining regular meal and sleep patterns help regulate your blood sugar and metabolism and help prevent migraine headaches.

When these methods don’t work, there are other options, such as:

* Ice packs
* Vitamin B2 and CoQ10
* Massage or yoga
* Acupuncture
* Pain medications
  + Triptans
  + Beta-blockers
  + Anti-seizure medications
  + Anti-depressant medications
  + Botox

If you or a loved one suffers from painful, debilitating migraines, call the experienced pain care specialists at Cutting Edge Integrative Pain Centers. We provide skilled migraine treatment in Indiana. We understand each person is different and may experience different migraine triggers, so let us help you get back to living life again without the pain. Call 574-821-4363.

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