

Migraine headache

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Hi, this has been on my mind for sometime now, and I wanted to ask you all a few questions. I have read an article at Migraine headache. I was reading about it on medical health care info <http://medical-health-care-information.com/encyclopedia/m/Migraine-Headaches.asp>

which says Migraines are painful, sometimes debilitating headaches often accompanied by nausea, vomiting, and sensitivity to light, noise, and smell. These throbbing headaches usually occur on only one side of the head, although the pain can shift from one side of the head to the other, or can occur on both sides simultaneously. Migraines involve changes in chemicals and blood vessels in the brain, which trigger pain signals leading to headache and other symptoms. Migraine headache symptoms vary and may occur with or without an aura (neurological disturbances prior to the headache). Common symptoms of migraine include a throbbing headache on one side of your head, along with nausea, vomiting, and sensitivity to light, noise, or smells. 3 Physical activity can make your headache worse. While it must be true, I wonder what you have to say about it. Do let me know!
Regards, Tom