

MIEUX COMPRENDRE LA MIGRAINE

CAUSES



Génétique



Troubles hormonaux (ex. règles ou grossesse)



Troubles neuro-vasculaires



Alcool, tabac



Troubles du sommeil



Exercices intenses



Déshydratation



Médicaments



Lumière (facteur aggravant)



Stress

Douleurs intenses (localisées sur un seul côté de la tête), souvent violentes et répétées

SYMPTÔMES



Douleur localisée en général seulement sur une partie de la tête (intensité progressive)



Nausées et vomissements



Sensibilité à la lumière et au bruit

La migraine peut être précédée d'une aura



Troubles de la vision



Fourmillements

Caractéristiques de la migraine



Localisation unilatérale (d'un côté de la tête)



Douleur pulsatile ("ça frappe dans la tête")



Intensité moyenne à importante

TRAITEMENTS



AINS
(anti-inflammatoire non stéroïdiens)
(ex. ibuprofène)



Bétabloquants



Antidépresseurs



Antiépileptiques (topiramate)



Antihypertenseurs



Anti-CGRP/
anti-PRGC

BONS CONSEILS & PRÉVENTION



Pratiquer de l'exercice et du sport



Prévenir les causes (facteurs déclenchants) de la migraine



Évitez de consommer trop de caféine



Portez un bonnet l'hiver



Consommez du magnésium



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