

## An Old Idea May Bring New Help To Migraine Sufferers

(NAPSA)—If you or someone you care about is among the one in 10 Americans who suffer with migraine headaches, recent research may provide some relief.

### The Condition

A migraine, the National Institutes of Health reports, is a common type of headache that may occur with symptoms such as nausea, vomiting or sensitivity to light. In many people, a throbbing pain is felt on only one side of the head. Some people who get migraines have warning symptoms, called an aura, before the actual headache begins.

### The Cause

It's caused by abnormal brain activity but the exact chain of events remains unclear. Most medical experts believe the attack begins in the brain and involves nerve pathways and chemicals. The changes affect blood flow in the brain and surrounding tissues.

Alcohol, stress and anxiety, certain odors, certain foods, loud noises, bright lights and smoking may trigger a migraine, among other things.

### The Treatments

There is no specific cure for migraine headaches but if you try to avoid triggers and treat the symptoms right away, you can reduce their frequency and effect.

To manage your migraine, over-the-counter pain medications such as acetaminophen, ibuprofen or aspirin can be helpful if the pain is mild. If these treatments don't work, ask your doctor about prescription medicines.



**Many people with migraines find relief from the accompanying nausea by chewing ginger gum.**

Medications that can treat the other symptoms include sedatives and something to relieve the accompanying nausea. Some 80 to 90 percent of migraine sufferers develop nausea with it.

Unfortunately, there are side effects associated with many anti-nausea medications such as drowsiness, disorientation and dry mouth.

Some people, however, have long known that ginger can be a drug-free option for nausea relief. Now it's even available in a convenient gum from Sea-Band so you can take it with you anywhere. Each piece contains 25mg of ginger oil—equivalent to 8g of fresh gingerroot. It's available at CVS, Rite Aid and Walgreens.

### Learn More

To learn more, go to [www.sea-band.com](http://www.sea-band.com) and "like" the company at [www.facebook.com/seaband](http://www.facebook.com/seaband).