



HEALTH FACTS & FIGURES

Identifying Migraine: Knowing The Signs And Solutions

(NAPSA)—A common myth about migraine is that it is just a bad headache. Sufferers need to be educated about the disease because migraine can be effectively managed.

But migraine is not a simple illness. In fact, if you or someone you love experience migraine, you may feel like it takes control of your whole life.

Ask yourself these questions to determine if you suffer from migraine:

- √ Do you experience throbbing or pulsating on one side of your head?
- √ Are you sensitive to light and/or sound during your headaches?
- √ Do you feel nauseous during onset of your headaches?
- √ Does your headache often cause you to cancel daily activities?

If you have answered “yes” to one or more of these questions, you may be experiencing migraine. Talk to your healthcare professional about migraine treatment to manage the pain.

For more information on how to treat migraine, contact the American Council of Headache Education at 800-255-ACHE or visit www.achenet.org.



ACHE

AMERICAN COUNCIL FOR HEADACHE EDUCATION

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