

Like Mother Like Daughter, Even When It Comes To Migraine

(NAPSA)—As parents, we have tremendous influence over our children. This influence may be obvious in the physical traits and mannerisms that we pass on or in our children's personal beliefs and attitudes. And in many cases, our influence extends to the medical conditions that our children inherit.

For Sharron Flores, migraine can be traced throughout her family tree. She has experienced migraine since she was young and when she became a parent, she worried her children would be affected by this debilitating and painful condition, too.

Sharron knew there was an increased risk that her children could have the condition and it was confirmed when her daughter Shannon, now 25, was diagnosed with migraine.

"Migraine is a prevalent condition that has a genetic link," said Dr. Elizabeth Loder, M.D., assistant professor of medicine at the Harvard Medical School. "Studies have found that if one parent has migraine, there is a 50 percent chance the child will suffer from the condition too."

With an understanding of what her daughter was experiencing, Sharron did all she could to ease Shannon's pain, frustration and anxiety caused by frequent migraine attacks. But she felt unnecessarily guilty because her daughter may have inherited this condition.

Sharron and Shannon are two of the 28 million people nationwide who have migraine. Approximately 14 million of these people experience severe or frequent attacks, making it difficult to perform everyday activities such as driving a car, traveling and interacting with family and friends.

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It's important that people understand their family's medical history and identify areas of concern. In Sharron's case, when raising her children, she discussed the impact that migraine had on her life as well as how it could affect others.

"Up until recently, I struggled to find a treatment that helped me gain some control over my migraine attacks. As a result, I endured migraines nearly every month and missed being a part of special moments—big and small—in my children's lives. But we often talked about migraine and how to cope," explained Sharron.

Today Sharron and her daughter have learned how to better manage their condition after their health care professional prescribed migraine prevention medication and recommended lifestyle changes. They have found there is a difference between treating migraine attacks and actually helping to prevent them. They take a preventive medication every day to help stop migraine attacks so they get fewer of them.

For more information about migraine and prevention treatment options available for adults, visit www.mindovermigraine.com or call 1-800-617-1144.