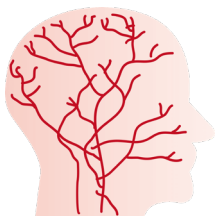




More than a headache

What is a migraine?

A migraine is when you get a headache that **keeps coming back and makes it hard to enjoy life**. It feels like a **strong pulsing pain on one or both sides of your head**.



What happens to the body during a migraine?

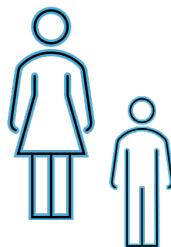
The exact cause of migraines is **unknown**, but it's thought to happen because of **unusual activity of the brain**

that makes things that are normally not painful feel painful.

Did you know?

About **39 million** Americans have migraines.

People assigned female at birth are **3 times more likely** to have a migraine.



How do I know that I'm having a migraine?

- Throbbing/pounding head pain
- Head pain is worse with movement
- Pain lasts for hours/days
- Sensitive to light/noise
- Feeling sick to your stomach or vomiting
- Problems with vision

If you have experienced some or most of these symptoms, you may have migraines.



Acknowledgments

APhA gratefully acknowledges financial support from Pfizer for the development of this resource.

The following individuals served as content developers and reviewers:

Maya Harris, PharmD, Executive Resident, American Pharmacists Association

Katie Meyer, PharmD, BCPS, BCGP, Sr. Director of Content Creation, American Pharmacists Association

Richard Wenzel, PharmD, CPPS, Consultant Pharmacist, Chicago Headache Center and Research Institute

DISCLAIMER: APhA does not assume any liability for how pharmacists or other health care professionals use this resource. In all cases, licensed health care professionals must use clinical judgment to ensure patient safety and optimal outcomes.

© 2024 by the American Pharmacists Association. All rights reserved.

