One parent = 50% likelihood
Two parents = 75% likelihood

Migraine headache is one of the most common neurological problems. Migraines usually begin as a dull ache followed by intense, pulsating pain.

Genetics plays a role. If your parents experience migraines, the likelihood of you developing migraines increases.

Most headaches are caused by muscle tension. The pain is mild to moderate, and usually goes away in a few hours. Migraines have neurological causes. They can last for days and can be accompanied by:

- Nausea
- Vomiting
- Dizziness
- Sensitivity to light and sound

Women suffer migraines more than men by 2 to 1

37M+ AMERICANS (almost the population of California) get migraines regularly

Migraines strike most frequently between the ages of 35-45

Things you can do to help prevent a migraine from coming on:

- Get enough sleep
- Cut down on caffeine
- Get active
- Eat on schedule
- Stay hydrated
- Get the right meds

When migraines hit, try:

- Deep breathing
- Meditation
- Aromatherapy (Try peppermint & lavender)
- Warm bath or hot shower
- Dimming or turning off lights

To learn more or to schedule an appointment with a neurologist, visit mercy.net/Migraine

SOURCES: World Health Organization National Headache Foundation Mercy Clinic Neurology and Headache Center