

Alderete Chiropractic

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What is a Migraine?

What is a migraine? (*Chiropractic can help with this condition*)

A migraine is a throbbing, intense headache in one half of the head. It can affect people of all ages. The cause of migraine is not known.

During an attack, the blood vessels in the brain dilate and then draw together with stimulation of nerve endings near the affected blood vessels. These changes to the blood vessels are probably what cause the pain, but migraine is still a condition that is poorly understood.

Are migraines hereditary?

There is often a predisposition for migraine within the family of migraine sufferers, but it is not certain how large a role heredity plays.



What might trigger migraine?

Most people suffering from migraine are aware that different foods, such as cheese, chocolate, wine or citrus fruits, can cause the attacks. Other things that may trigger an attack include exercise, anxiety, stress, bright lights, loud noise, the contraceptive pill and travel. These particular causal factors vary from patient to patient. Some women experience attacks more frequently around the time of their menstrual periods. Migraine sufferers should avoid factors such as alcohol, lack of sleep and foods that are known to cause attacks.