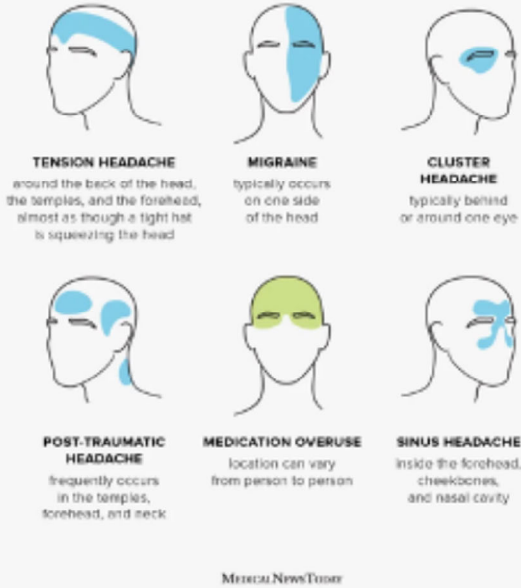


# MIGRAINE & HEADACHE AWARENESS

## JUNE 2024 NEWSLETTER

### TYPES OF HEADACHES



## QUICK QUESTIONS

What are migraines?

- Migraines are a headache disorder that causes intense pulsing pain deep within your head.

What are some symptoms of migraines?

- Throbbing pain (usually on one side of the head), light and sound sensitivity, and nausea/vomiting.

How do people know a migraine is coming?

- About 1/3 of those who have migraines experience visual disturbances before the headache starts. Symptoms of an aura include flashing or shimmering lights, zigzag lines, and stars. They can also include tingling on one side of the face or in one arm and trouble speaking.

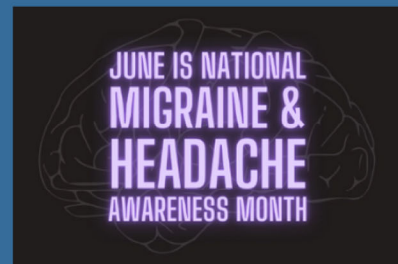
## SOURCES

1. WATSON K, ROSSIACKY D. 10 TYPES OF HEADACHES: SYMPTOMS, CAUSES, AND TREATMENTS. HEALTHLINE. PUBLISHED JULY 10, 2017. [HTTPS://WWW.HEALTHLINE.COM/HEALTH/HEADACHE/TYPES-OF-HEADACHES#PRIMARY-HEADACHES](https://www.healthline.com/health/headache/types-of-headaches#primary-headaches)
2. THE FACTS ABOUT MIGRAINE. AMERICAN MIGRAINE FOUNDATION. PUBLISHED 2019. [HTTPS://AMERICANMIGRAINEFOUNDATION.ORG/RESOURCE-LIBRARY/MIGRAINE-FACTS/](https://americanmigraine.org/resource-library/migraine-facts/)
3. 25 MIGRAINE TREATMENTS, PREVENTATIVE MEDS & ABORTIVE DRUGS. WEBMD. [HTTPS://WWW.WEBMD.COM/MIGRAINES-HEADACHES/MIGRAINE-TREATMENTS](https://www.webmd.com/migraines-headaches/migraine-treatments)
4. BURCH RC, BUSE DC, LIPTON RB. MIGRAINE. NEUROLOGIC CLINICS. 2019;37(4):631-649. DOI:HTTPS://DOI.ORG/10.1016/J.NCL.2019.06.001
5. MIGRAINE: 8 MYTHS AND FACTS TO KNOW. HEALTHLINE. PUBLISHED JUNE 29, 2022. ACCESSED JUNE 10, 2024. [HTTPS://WWW.HEALTHLINE.COM/HEALTH/MIGRAINE/MIGRAINE-MYTHS-AND-FACTS#](https://www.healthline.com/health/migraine/migraine-myths-and-facts#)
6. TOP 10 MIGRAINE MYTHS. AMERICAN MIGRAINE FOUNDATION. [HTTPS://AMERICANMIGRAINEFOUNDATION.ORG/RESOURCE-LIBRARY/MIGRAINE-MYTHS/](https://americanmigraine.org/resource-library/migraine-myths/)

## MIGRAINE MYTHS

- Headaches and migraines are the same thing.
- You must have an aura for it to be a migraine.
- A migraine attack only lasts for a couple of hours.
- Migraines only affect women.

ALL OF THESE ARE FALSE!



## JUNE IS ALSO LGBTQ+ PRIDE MONTH!

According to <https://www.loc.gov/lgbt-pride-month/about/>, Pride Month is celebrated every June to commemorate the 1969 Stonewall Uprising in Manhattan. Many people celebrate through pride parades, picnics, parties, and other events! We recognize the importance of this month as it celebrates the significance of inclusivity and all kinds of love.

