



What are the symptoms of Migraine?

Headache symptoms

Migraine is characterised by recurrent episodes of moderate to severe headaches.

The pain can be on only one side of the head or occur on both sides.

The pain often feels throbbing in nature

Non-headache symptoms

People often experience associated nausea/vomiting and motion sensitivity

People also frequently experience sensitivity to light, noise and smells. The medical terms for these symptoms are photophobia, phonophobia, and osmophobia

Prior to the onset of headache, people can frequently experience “premonitory symptoms”, the most common of which are feeling tired (72%), difficulty concentrating (51%), and a stiff neck (50%).

After the headache has ended people often experience “postdrome” symptoms of a similar nature.

These symptoms can also accompany the headache

Other non-headache symptoms- The Migraine Aura

An “Aura” affects around a third of migraine sufferers.

A typical aura comprises of fully reversible visual and/or sensory/ and/or speech symptoms, evolving over minutes with a total duration of up to 60 minutes

Aura may occur without headache particularly in older people.

Aura usually precedes, but may occur during, or after the headache.