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Jul 8 2025 though migraine causes aren't fully understood genetics and environmental factors appear to play a role changes in the brainstem and its interactions with the trigeminal nerve a major

June 3 2020 your headache symptoms can help your doctor determine its cause and the appropriate treatment most headaches aren't the result of a serious illness but some may result from a life

Jul 8 2025 recording your symptoms in a headache diary can help you learn more about what triggers your migraines and what treatment is most effective it also can help your healthcare professional

sep 11 2025 learn more about migraine that causes pain and sensory disturbances aura such as flashes of light blind spots or tingling in the hands or face

oct 4 2022 until recently avoiding migraine triggers was considered the best advice but new research suggests this may actually increase sensitivity to potential triggers

they can have different causes pain levels and effects on your daily functioning in this episode of health matters we re talking with neurologist dr amaal starling she takes us on a tour

overview a tension type headache causes mild to moderate pain that is often described as feeling like a tight band around the head a tension type headache is the most common type of headache yet its

apr 9 2019 keeping a headache diary can help you determine what triggers your headaches so that you can avoid the triggers include details about every headache such as when it started what you

dec 9 2025 charles ac et al calcitonin gene related peptide targeting therapies are a first line option for the prevention of migraine an american headache society position statement update

dec 10 2024 research has shown that people who have reflux diarrhea constipation and nausea are more likely to have headaches than people who don t and digestive conditions such as irritable

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