

Women and Migraines

Women suffer headache migraines far more than men. During a woman's menstrual cycle, it can be particularly severe. This has been linked to the decline in oestrogen, however the cause is still unclear. Migraines often occur around 2 days before the menstrual period begins, but also can occur during and after.

Many women migraine sufferers using oral contraceptives find relief, however for some women, the attacks can be more severe especially during the last week of the cycle when taking the sugar tablets. Again, there is a decline in oestrogen and this may cause a migraine. For some women, using the pill for the very first time can cause migraines. This is due to the many different combinations of synthetic oestrogen and progesterone's. Studies have shown similar results for hormone replacement therapy.

There are many possible treatments documented to assist treating a migraine. They range from anti-inflammatory painkillers, oestrogen supplements, oral contraceptives, hormonal replacement therapies and anti-depressants (even when depression is not the key symptom or concern).

There can be many risks to many of these treatments, besides possible long-term health concerns and affects. For further information the WebMD has an interesting article.

At MigraineCentre.com we want to assist you in removing these types of treatments from your life completely, and to help you lead a pain free and healthy life.

This is an interesting article from the NIH (National Institute of Health), which discusses that many in the medical industry accept that there is indeed a link between taking certain vitamin supplements to assist with migraine headaches. The article is entitled: - Making the Magnesium-Migraine Link

As tension headaches affect both men and women, it is only natural that the most common trigger has been linked to stress. Although major stress such as moving house or starting a new job, getting married, having children, to name a few certainly play a major role; studies have shown that it is the day to day stresses than can cause headache migraines. Ensuring good nights sleep, eating properly, exercising and maintaining a well-balanced lifestyle (relaxing and taking "time-out") is most beneficial in relieving stress.

PREGNANCY

Some say that it is the "luck of the draw" when it comes to women and migraines during pregnancy. Many women who have suffered a migraine in the past, find their migraines diminish altogether; sadly, however, there are those that find that their migraines are more severe. It is also common that women may experience their first migraine ever, during pregnancy.

As women suffer from migraines more so than men, it is argued that there is a link between migraines and the hormonal changes in a woman during pregnancy. Once hormone levels become more stable after the first trimester, the migraines seem to ease.

Most medications are not safe to use during pregnancy. We at MigraineCentre.com believe in natural remedies and offer many alternatives to medication. However we do understand that chronic sufferers have little alternative and prescribed medication can be the difference between leading a normal life and being bed ridden.

We do encourage you however to commence with natural supplements and herbs so you may be able to slowly ween yourself off the prescribed medications, but please consult your doctor first if you are taking prescribed medication.

Please refer to our “products” page for further information on natural alternatives to migraines.