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Kosklasse
AANGEBIED deur Pamela Mostert en Wilna Knoesen van Kos met 'n Kinkel Wou u nog altyd daardie fynere kunsies leer is hierdie klasse op 'n Woensdag net die ding vir jou. Waar: Gereformeerde Kerk H/v Klopper & Zendingstraat (Kersmark), Wanneer: 20 Julie 2011 om 9 uur tot 12, Vereiste: Moet bespreek net plek vir 20 mense, Koste: R300.00. Skakel gerus om meer uit te vind of om u plek te bespreek. Pamela: 072 480 9291 / Wilna: 083 976 2691
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Helpful facts about a MIGRAINE



Gender and Hormonal Changes

Women are about three times as likely as men to suffer from migraine. Interestingly, among children, migraine is more common in boys than in girls, but after puberty the trend reverses. This is likely due to the fact that the female hormone estrogen plays some role in migraine.

Age

Half of all migraine sufferers experience their first symptoms before turning 20. However, migraine is most common in people age 25 to 55. The incidence of migraine drops significantly in women after menopause. See a doctor if you do not have a history of migraine headaches and they begin to occur after age 50.

Other Migraine Symptoms

Other than intense headache pain, migraines are usually accompanied by other symptoms that make working or doing everyday tasks difficult or impossible. These symptoms go away soon after headache pain ends and include: Nausea, vomiting, loss of appetite, fatigue, dizziness, pale or clammy skin, blurred vision, sensitivity to light, sound, touch, or feeling uncomfortably hot or cold

Hot or Cold Compress

Applying a hot or cold compress to the head or neck can reduce the severity of pain during a migraine headache.

Darkness and Quiet

Migraine headaches usually include sensitivity to light and sound. Therefore, sitting or lying down in a dark, quiet room can make a headache more bearable. There is no way to prevent migraine, but if you do suffer from migraine, figuring out your personal triggers and avoiding them is the best way to reduce the number of headaches you experience. Migraine prevention methods can also make headaches less severe and shorter when they do happen and prevent rebound headaches caused by taking too much acute-treatment medication.

Lifestyle Changes

If you are diagnosed with migraine, figuring out your personal triggers and avoiding them is a good

A **migraine** is a disorder characterized by chronic, severe headaches of intense throbbing or pulsating pain that can last from four hours to several days. Other migraine symptoms can include nausea, vomiting, and sensitivity to light or sound.

The chain of physical and chemical events in and around the brain that leads to migraine headaches is still unclear. What is known is that something activates a cascade of biochemical reactions that may trigger an inflammatory response and overexcitement of the trigeminal nerve, a major pain pathway which controls sensation in the face and head. This overexcitement spreads to other nerves in the meninges – the protective membrane covering the brain – and leads to pain and other migraine symptoms.

Although the specifics of migraine neurobiology are unknown, there are many factors known to make migraine headaches more likely to occur.

Family History

Genetics are known to play a part in migraine, but the specific genes involved have not yet been identified. Approximately 70-80% of migraine sufferers have a close family member who also has migraine. In addition, a child has a 50% chance of experiencing migraine headaches if one parent does and a 75% chance if both parents do.

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