

The _____ Doctors Center

Health & Wellness

You have been diagnosed with: Headache: MIGRAINE

Migraine is usually headache pain that is associated with intolerance to noise, light and movement. Nausea is always present and sometimes even vomiting occurs. Pain can be felt on one side or both side of the head. These headaches can appear with other symptoms like numbness or tingling, inability to move facial muscles or even in some people, vision changes. These can last 4 hours to 72 hours but if the pain cycle is not broken, can last longer. Prescription medications may be helpful to reduce pain or in addition, may be given to reduce frequency.

Treatment Plan:

Resting in a quiet, dark room often helps the pain. Do not wait until the headache is full blown to take the medication prescribed for this pain as it may not be as effective, instead take the prescribed medication at the very start of the headache to break the pain cycle. Decreasing your stress level, eating regular well-balanced meals and getting enough sleep can help decrease headache episodes. You may have been given medication for pain reduction and/or anti-nausea. Take both medications at the onset of the headaches. The object of the anti-nausea medication is to decrease nausea and to stop you from vomiting. Waiting may make it harder for the nausea and vomiting to be controlled quickly.

Should your headaches **change in frequency, become more painful than you have ever experienced** or you have **NEW symptoms (such as numbness, blurred vision, speech disturbance, fever, neck stiffness or other symptom)** associated with it or worsens in any way before your next scheduled visit you must **contact your physician/provider at The Doctors Center as soon as possible or if unable to reach provider please go to the nearest emergency room for evaluation.**

You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. It is very important that you keep this appointment with your provider to ensure that your body is responding to the treatment recommended.

NORTHSIDE

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MANDARIN

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WESTSIDE

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BEACH BLVD.

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