

AVOIDING MIGRAINES

Michael Ready, MD, Headache Medicine, Baylor Scott & White Health

{**ON CAM**}

IF YOU'VE EVER HAD A MIGRAINE – YOU KNOW HOW DEBILITATING A SIMPLE 'HEADACHE' CAN BE.
AND THE WORLD HEALTH ORGANIZATION AGREES WITH YOU – HEADACHES ARE AN UNDER-ADDRESSED PUBLIC HEALTH ISSUE.

{**TAKE VO**}

TRT: 40

THAT'S BECAUSE HEADACHE DISORDERS, LIKE CHRONIC MIGRAINES, OFTEN IMPACT A PERSON'S ABILITY TO WORK AND ENJOY LIFE.
DOCTOR MICHAEL READY SPECIALIZES IN HEADACHE MEDICINE. HE SAYS MIGRAINE SUFFERERS HAVE EXTRA-SENSITIVE BRAINS THAT DON'T TOLERATE BIG CHANGES WELL ... LEADING TO MIGRAINE HEADACHES THAT OFTEN COME WITH SENSITIVITY TO LIGHT AND SOUND.

{**TAKE SOT**}

EXPERT: Michael Ready, MD

ENTITY: Baylor Scott & White Health

TRT: 16

Well, what you want to do is to recognize that you have a sensitive brain that doesn't tolerate change. So, you want to try to go to bed at the same time, get up at the same time, stay well-hydrated, not skip meals and practice a type of stress management as to whatever works for you

{**TAKE VO**}

HE SAYS TRACKING YOUR TRIGGERS AND STICKING TO A STRICT ROUTINE MAY HELP REDUCE YOUR HEADACHE DAYS.