

BATTLING MIGRAINES?

*Women are nearly **three times more likely** to suffer migraines than men.*

TRIGGERS: Women tend to have migraine attacks triggered by:

- Lack of or too much sleep
- Skipped meals
- Bright lights, loud noises, or strong odors
- Stress and anxiety
- Weather changes
- Alcohol
- Too much or withdrawal from caffeine
- Certain foods

Changes in your hormone levels can also trigger a migraine, including periods, menopause, birth control, pregnancy, & more!

SYMPTOMS: It may be a migraine if you

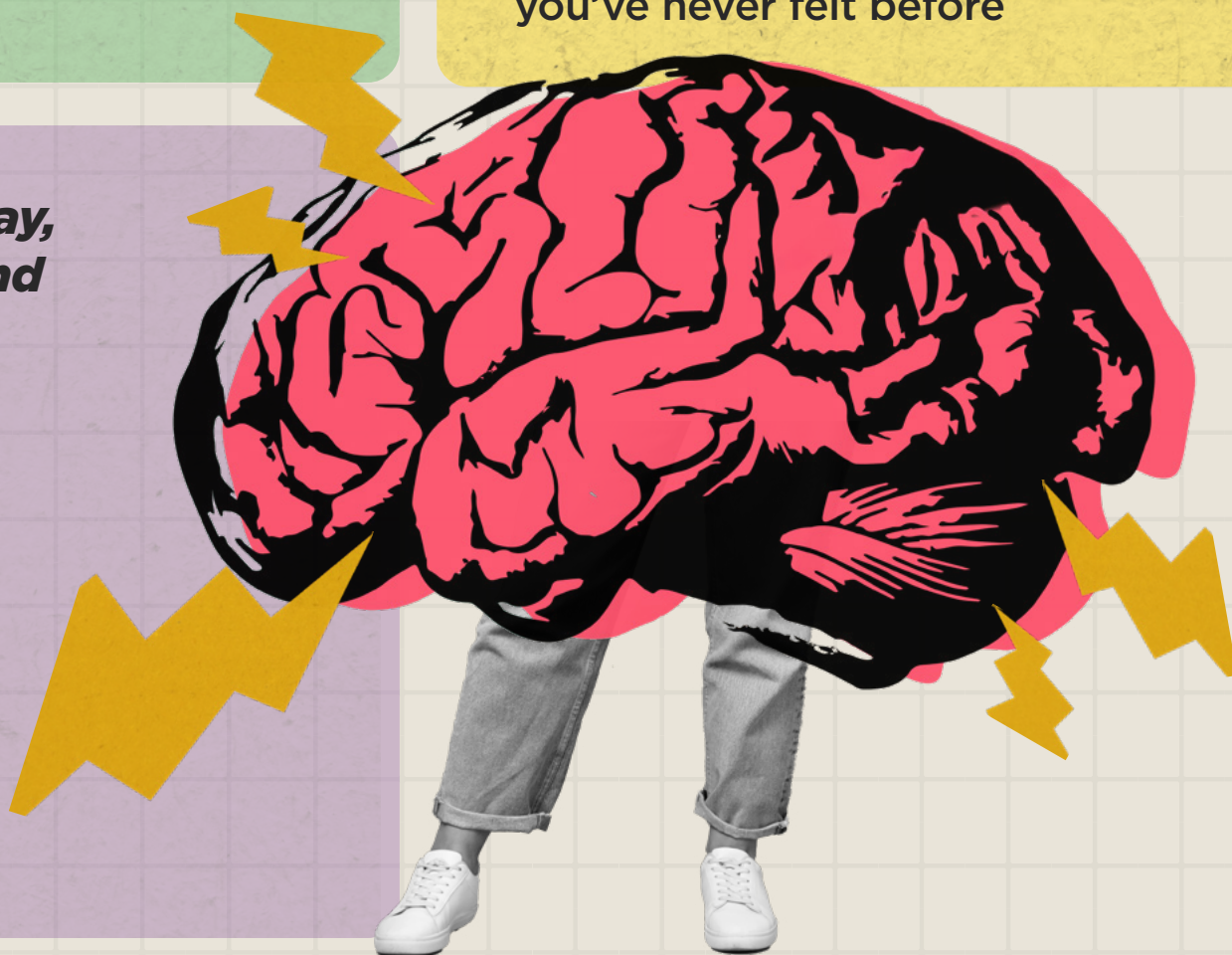
- Feel sharp head pain
- Have nausea and vomiting
- Feel sensitivity to light, smell, and sound
- Feel foggy
- Have changes in vision

RED FLAG! Head to the ER if:

- A headache begins suddenly and becomes intense within 1-2 minutes
- You're experiencing weakness, numbness, or trouble speaking
- You feel a new level of pain you've never felt before

If migraines are disrupting your day, seek care. VA offers prevention and management through:

- Prescription medications
- Acupuncture
- Injections
- Stress and/or sleep support
- Wearable devices
- Physical therapy
- Cognitive behavioral therapy
- Massage therapy



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