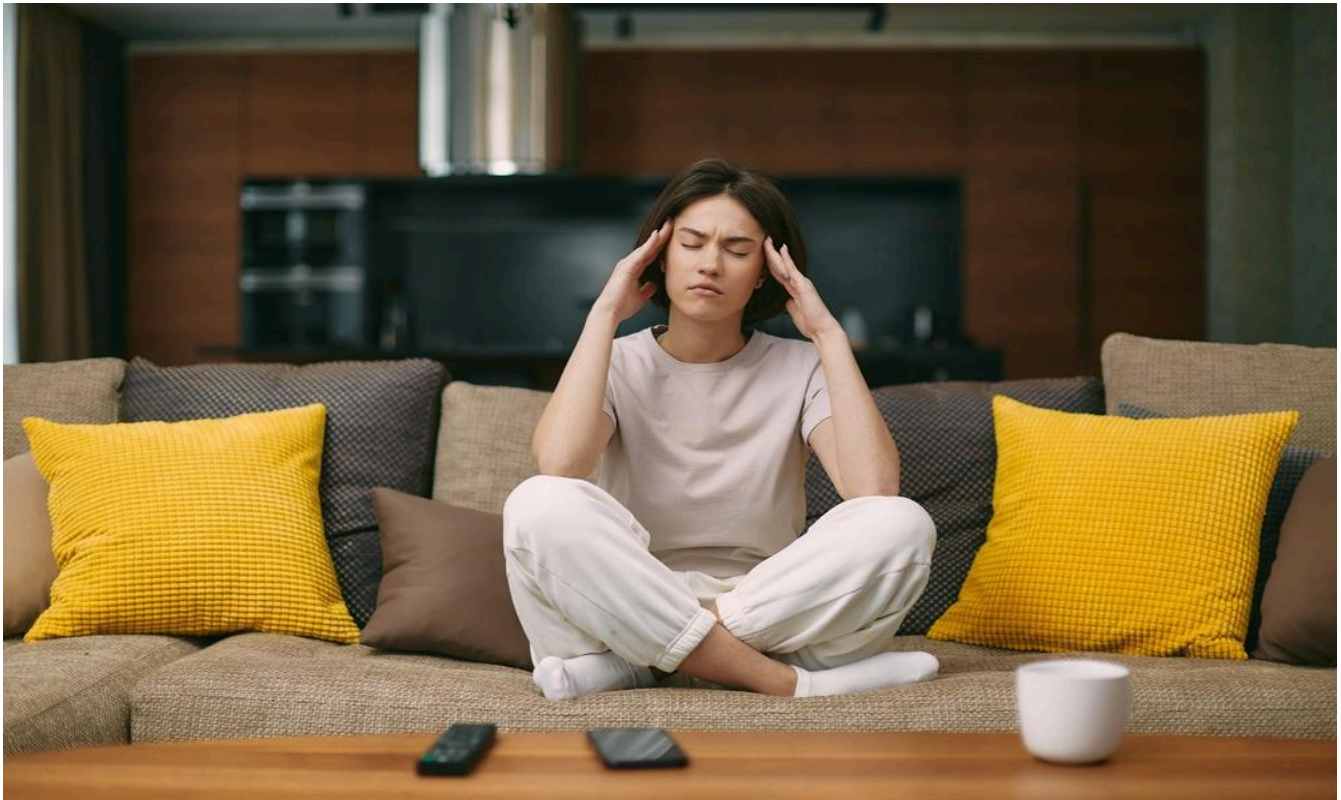




<https://sites.google.com/view/americanchiropractors/what-causes-migraines-in-females>

## Migraines and How to Deal With Them



A migraine is a severe, often throbbing headache in one half of the head. It is frequently accompanied by gastrointestinal upsets, and a heightened sensitivity to bright lights (photophobia), and noise (phonophobia). The cause of migraine is still unknown, and the condition is poorly understood.

During an attack, which involves changes in chemicals with a drop in the serotonin levels, the blood vessels in the brain dilate and then draw together with stimulation of nerve endings near the affected blood vessels. The pain is probably caused by an imbalance created by these changes.

The signs and symptoms of migraine vary among patients. People of all ages can be affected, however 75% of adult migraine patients are female. As a migraine causes a hormone imbalance, many women suffer during, or right after menstrual period. This hormonal migraine causes a reduction in protein biosynthesis of metabolic components including intestinal tract serotonin.

Typical features of 'common' migraine attacks are:

## (Migraine without aura)

A severe throbbing headache is usually felt on only one side of the head. The headache occurs in bouts of between 4 to 72 hours, and the headaches are made worse by physical activity. There may be vomiting and/or nausea as well as an aversion to lights, sound and smells.

Typical features of 'classical' migraine attacks are:

## (Migraine with aura)

This is similar to the common migraine except it is preceded by warning symptoms (aura) before the headache occurs. Sometimes both sides of the head may be affected in separate attacks. The aura is experienced by around 15% of sufferers and usually presents as a visual disturbance that begins 20 to 60 minutes before the onset of the migraine, but can start up to 48 hours before. In the non-visual aura a tingling sensation may be felt in the body.

## Possible causes of an attack

There are many possible causes, each individual case will be different to the next. Bright lights and loud noises, and certain odors or perfumes are the most common. If you are subjected to smoking or the exposure to smoke, this could well trigger an attack as could alcohol or caffeine.

Physical or emotional stress can bring on tension headaches, which will frequently be the precursor of a migraine. A common cause is dehydration, very few of us drink enough water during the day.

Menstrual cycle fluctuations and birth control pills all contribute to the change in hormone levels in women, again this is a very common cause. But another highly likely cause is through the food we eat; foods containing tyramine (red wine, aged cheese, smoked fish), monosodium glutamate (MSG), or nitrates (bacon, hot dogs, and salami) are all to blame as are other foods (chocolate, nuts, peanut butter, avocado, banana, citrus, onions, dairy products, and fermented or pickled foods).

## Company Description

We offer free information about back pain, including the latest research and treatment options. We also provide a listing of chiropractors in your area so you can find the right provider for you. AmericanChiropractors.org is an educational website that helps people understand their condition and get relief through chiropractic care.

## Contact Details

American Chiropractors

St. Louis, MO 63102, United States

Google Site: <https://sites.google.com/view/americanchiropractors/what-causes-migraines-in-females>

Google Folder: [https://drive.google.com/drive/folders/1UGKqIbFOuA\\_X1x2GaLxYUWpN1nN3BGmn?usp=drive\\_open](https://drive.google.com/drive/folders/1UGKqIbFOuA_X1x2GaLxYUWpN1nN3BGmn?usp=drive_open)

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