

Is This a Migraine?

The **International Headache Society (IHS)** established the following guidelines to diagnosing migraine. If you answer yes to these questions you probably suffer from migraine.

- Have you had five or more unprovoked attacks of head pain not trauma induced?
- Did these attacks last 4-72 hours?
- Were you nauseated?
- Were you sensitive to light and or sound?
- Are these headaches ever limited to one side?
- Are they pulsatile or throbbing?
- Are they worse with activity or exertion?
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If you answered yes to these questions and these headaches occurred with no underlying medical condition, you are most likely suffering from migraine.