

# Fighting Migraines

Track 12

**A**spirin may work well for fighting minor headaches, but it may not be the best choice for dealing with migraines. Doctors have found that after treating a migraine sufferer with aspirin, the next migraine attack becomes stronger. Therefore, doctors have searched for other ways to treat migraines.

From brain research, doctors have learned that certain cells in parts of the brain release proteins during a migraine attack. By using a drug which acts like the natural chemical serotonin in the brain, the cells can be stopped from releasing protein. This has the effect of blocking the migraine. Now drug companies are producing even better products developed from this idea. However, the most effective of these drugs must be taken as liquid and put directly into the bloodstream. The drug is not yet available as a pill.

The above example is only one kind of medicine doctors have found useful in fighting migraines. It also turns out that drugs used to fight depression work well to relieve migraines. And surprisingly, some migraine sufferers claim Botox has proven helpful for them. (Botox is a chemical injected into the face for the purpose of removing wrinkles.)

Not all migraine sufferers are turning to medicine for help with their problem. Some of them use alternative remedies to fight migraines. For example, many people use yoga or meditation to relieve stress and reduce the number of migraines they suffer. And in some cases, people know that certain foods or fluorescent lights trigger their migraines. These people simply try to avoid things that set off migraine attacks.



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