

Migraine and Its Types, Tests and Preventions

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ABSTRACT

Migraine is an ailment. The vast majority who experience the ill effects of headaches get cerebral pains that can be very extreme. A migraine headache is generally an extraordinary, pulsating torment on one, or at times, the two sides of the head. The vast majority with headache migraine feel the torment in the temples or behind one eye or ear, although any part of the head can be involved. Other than torment, migraine additionally can make queasiness and vomiting and affectability to light and sound. A few group likewise may see spots or blazing lights or have a transitory loss of vision.

Keywords: Cerebral pain; Blind spots; Aura

ABOUT THE STUDY

We don't have the foggiest idea what causes headache, yet a few things are more normal in individuals who have them:

- Most regularly, migraine influences individuals between the ages of 15 and 55.
- Most individuals have a family background of migraine or of impairing cerebral pain.
- They are more common in ladies.
- Migraine turns out to be less serious and less continuous with age.

VARIOUS TYPES OF MIGRAINE

Indeed, there are numerous types of migraine. The two forms seen regularly are migraine with aura and migraine without aura.

Migraine with aura (previously called classical migraine): With a migraine with aura, an individual may have these tangible side effects (the so-called "aura") 10 to 30 minutes before an attack.

- Seeing blazing lights, crisscross lines, or blind spots
- Numbness or shivering in the face or hands
- Disturbed feeling of smell, taste, or contact
- Feeling mentally "fuzzy"

Just one out of five individuals who get headache experience aura. Ladies have this type of Migraine less frequently than men.

Migraine without aura (previously called common migraine). With this type of migraine, an individual doesn't have an aura however has all the other features of an attack.

TESTS USED TO FIND MIGRAINE

- How regularly you have cerebral pains
- Where the torment is
- How long the cerebral pains last
- When the cerebral pains occur, for example, during your period
- Other symptoms, such as nausea or blind spots
- Any family background of headache
- All the meds that you are taking for all your clinical issues, even the over-the-counter medicines
- All the prescriptions you have taken in the past that you can review and, if possible, doses you took and any side affects you had

Your doctor may likewise do a test and pose more inquiries about your wellbeing history. This could incorporate past head injury and sinus or dental issues. Your primary care physician might have the option to analyze migraine just from the information you give. You may get a blood test or different tests, for example, CT scan or MRI, if your primary care physician imagines that something different is causing your cerebral pains. Work with your primary care physician to settle on the best tests for you.

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PREVENTION

The best way to prevent migraine is to find out what triggers your attacks and avoid or limit these triggers. Since headache cerebral pains are more common during times of stress, finding healthy ways to cut down on and cope with stress might help. Talk with your doctor about starting a fitness program or taking a class to learn relaxation skills.

Talk with your primary care physician if you need to take your pain-relief medicine more than twice a week. Doing so can lead

to bounce back cerebral pains. In the event that your PCP has recommended medication for you to help prevent migraine, take them precisely as endorsed. Ask what you ought to do on the off chance that you miss a portion and what amount of time you should require for the medication. Talk with your primary care physician if the measure of medication you are endorsed isn't helping your migraines.