

# THE PHASES OF MIGRAINE



## FIRST PHASE PREMONITORY

The warning symptoms that a migraine attack has started

- Mood changes
- Food cravings
- Yawning
- Brain fog
- Disturbed sleep
- Frequent urination
- Nausea
- Aches and stiffness
- Speech difficulties
- Language problems



## SECOND PHASE AURA

One third of people with migraine experience aura

- Visual disturbances
- Numbness
- Weakness
- Confusion
- Difficulty speaking
- Dizziness
- Vomiting
- Abdominal pain



## THIRD PHASE ACUTE

Also called headache phase  
Not everyone with migraine experiences headache

- Headache
- Nausea/vomiting
- Giddiness
- Insomnia
- Nasal congestion
- Mood changes
- Sensitivity to light, sound and smell
- Neck pain



## FOURTH PHASE RESOLUTION

Most migraine attacks fade, but some stop suddenly

- Sudden end to acute phase symptoms
- Urgent need to sleep
- Fatigue
- Euphoria or suddenly feeling good



## FIFTH PHASE POSTDROME

Also known as the "migraine hangover"

- Fatigue
- Depressed mood
- Euphoric mood
- Brain fog
- Lack of comprehension



## SIXTH PHASE INTERICTAL

The phase between migraine attacks

- No attack symptoms

# The Spectrum Of Migraine

**Padhraic Smyth**



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