



What is a
**migraine
headache?**

Migraine is a chronic disorder characterized by recurrent moderate to severe headaches, usually affecting one side of the head, and accompanied by nausea, vomiting, sensitivity to light, sensitivity to sound, and aggravated by physical activity.

- > One third of sufferers see an aura before the pain starts.
- > 10% of the world population is affected by migraines at some point in life.
- > Migraines can be triggered by stress, hunger, or fatigue.
- > Medications are only considered successful if they reduce the frequency or severity by 50%.
- > Migraines with auras double the risk of ischemic strokes.
- > Most migraines commonly start between ages 15 and 24, and are most frequent between ages 35 to 45.
- > Migraines are responsible for 1% of total US medical disability.
- > 25% of American families include at least one member who suffers from migraines.
- > Suicide attempts are 3 times more likely among people who suffer from migraines with auras, regardless of past history of depression.

Link between migraines and TMD (Temporomandibular Joint Disease)?

The temporomandibular joint (TMJ) is where your lower jaw connects to the skull. Each of us have two TMJs. But if the joint is out of alignment, it causes the muscles to strain in the face, head, and neck, even while at rest. It also causes increased blood flow, which increases blood pressure. All of these symptoms can cause TMJ headaches and migraines.

Symptoms of TMD:

- > Sensitive/sore teeth
- > Sore jaw muscles
- > Pain in the head, neck, and shoulders
- > Facial pain
- > Headaches/migraines
- > Ringing in the ears
- > Locking of jaw
- > Clicking/popping of jaw
- > Limited jaw movement
- > Worn/chipped teeth

Resources

www.ezinearticles.com

www.wikipedia.org