

Do I Really Have Migraine Headaches?

Over 40% of people with severe headache pain aren't even aware their condition is technically and medically a migraine.

Additionally, many migraine headaches have been actually misdiagnosed as tension headaches, sinus headaches or even TMJ - headaches associated with jaw problems.

Most people who are researching the internet for information on migraines clearly understand that they have migraine headaches. But for the remainder it may not be so clear.

Many of you have written us with detailed descriptions of your headaches and asking, "Do I have migraine headaches"? Nearly half of the messages our clinic receives on a daily basis can be summed up in a single question:

"What kind of headache do I really have?"

And the answer is usually very simple:

Your TENSION (or SINUS) (or CLUSTER) headache might actually be a MIGRAINE headache!

Here are the facts - approximately 1 out of every 10 Americans experiences migraines. For women, it is much higher number – as much as 1 out of every 3 around the age of 35.

Yet many people suffer needlessly because neither they nor their doctors recognize the symptoms that can accompany migraines. They also underestimate the impact that their headaches are having on their lives and on their families.

The bottom line is if you don't get the relief you need for your frequent bad headaches, you may have migraines. In fact, in the United States alone over 14 million people who suffer from migraines have not been diagnosed with migraines yet. Could you be one of them?

Cluster Headaches are often misdiagnosed as well.

Cluster headache, which is an incredibly severe headache, is frequently just another form of a migraine headache. Cluster headaches are usually found in men. There is a great deal of controversy whether cluster headaches are a subset of migraine headaches since many of the symptoms overlap.

Here is how you can determine whether what you're experiencing is actually a migraine:

If you experience any 3 or more of the following symptoms, you are highly likely to have migraines:

Your headache feels like someone has stabbed an ice pick inside your brain

Pain is usually one-sided (but can be both-sided, especially if around the eyes)

Your headache does not respond to regular over-the-counter painkillers

Pain is pulsating, pounding, or throbbing

Light and sound bother you a lot

Pain worsens when you move or bend over

Pain becomes so intense that you throw up or become nauseated

You get dizzy just by turning your head (lying in bed)

You feel that you have to lie down, go to bed, or withdraw to a quiet dark room

Vision may be blurred, like a curtain comes down over your visual field in one or both eyes

The headache can last from several hours to several days (or even weeks)

People with tension headaches or sinus headaches do not and never will have a disabling headache. Cluster headaches are frequently a subset of a migraine headache.

The key word here is "DISABLING". If your "tension" or "sinus" headache is disabling, then you do not have a tension or sinus headache. You have a migraine. Only migraine headaches are disabling.

If you are reading this article because of severe, debilitating headaches that are poisoning your life, do not respond to painkillers, and keep coming back over and over again, you are very likely to have migraines. People with standard tension or sinus headaches do not bother to look them up on the Internet.

You are here because YOUR bad headaches are interfering with your life and you are looking for a way to fix that. If you keep suffering through tremendous pain along with other symptoms mentioned above, then you have migraine headaches.

For those of you who have been told by numerous doctors over the last decade that your disabling headaches are not migraines – the good news is that migraine headaches are now a treatable and curable condition.

A Better Method

There is another option as opposed to suffering and just treating the "outbreaks" – a migraine cure. Cure the migraine and never worry about headache pain again.

Recent reports indicate migraine headaches can indeed be totally abolished – as a number of elite medical clinics catering to women have testified. Under their treatment protocols, migraines are completely eliminated in 80% of their patients.

These successes are limited to women only, as addressing a woman's hormones is the basis of the cure. Some clinics have published their treatment protocols and even made them available to the public.

The Women's Health Institute of Texas believes that a migraine cure certainly eliminates the migraine headaches altogether - at least in women.

About the Author

Dr. Andrew P. Jones, M.D. is the Medical Director for the Women's Health Institute of Texas. <http://www.WomensHealthInstituteofTexas.com> He is Board Certified by the American Board of Internal Medicine and by the American Academy of Biologically Identical Hormone Therapy.

Find out more about Dr. Jones and the cure for migraine headaches at: <http://www.migraine-headaches-information.com>

His medical experience primarily revolves around the relationship of women's health issues and bio-identical hormone management of PMS, menopause and migraine headaches.

