

What are migraine headaches?

Migraine headaches can come without warning. They cause pulsing or throbbing pain often linked with:

- Nausea
- Sensitivity to light or sounds
- Speech problems
- Temporary visual problems
- Numbness
- Weakness

A migraine headache can last four to 72 hours or sometimes longer. The exact cause of migraines is not known. Research suggests a migraine is caused by a chain of events that shifts blood flow in the brain. As a result, the blood vessels tighten and then relax, causing migraine pain. It is not fully known why this occurs in some people and not in others, but one or more factors can trigger a migraine attack.

If you have migraines, working with your doctor and other health care professionals can help you learn more about how to manage your condition and treatment. If you haven't seen your doctor in the past year, we encourage you to contact his or her office.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.



What are migraine headaches?

Migraine headaches can come without warning. They cause pulsing or throbbing pain often linked with:

- Nausea
- Sensitivity to light or sounds
- Speech problems
- Temporary visual problems
- Numbness
- Weakness

A migraine headache can last four to 72 hours or sometimes longer. The exact cause of migraines is not known. Research suggests a migraine is caused by a chain of events that shifts blood flow in the brain. As a result, the blood vessels tighten and then relax, causing migraine pain. It is not fully known why this occurs in some people and not in others, but one or more factors can trigger a migraine attack.

If you have migraines, working with your doctor and other health care professionals can help you learn more about how to manage your condition and treatment. If you haven't seen your doctor in the past year, we encourage you to contact his or her office.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.



What are migraine headaches?

Migraine headaches can come without warning. They cause pulsing or throbbing pain often linked with:

- Nausea
- Sensitivity to light or sounds
- Speech problems
- Temporary visual problems
- Numbness
- Weakness

A migraine headache can last four to 72 hours or sometimes longer. The exact cause of migraines is not known. Research suggests a migraine is caused by a chain of events that shifts blood flow in the brain. As a result, the blood vessels tighten and then relax, causing migraine pain. It is not fully known why this occurs in some people and not in others, but one or more factors can trigger a migraine attack.

If you have migraines, working with your doctor and other health care professionals can help you learn more about how to manage your condition and treatment. If you haven't seen your doctor in the past year, we encourage you to contact his or her office.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.

