

# Common Migraine Questions

## Who Gets Migraine?

People of any race, sex, or age can get migraine. In adults, migraine is three times more common in women than in men.

## Does Migraine Run in Families?

Yes—as many as 9 out of 10 people with migraine have a family member with migraine. If you have migraine, your children are more likely to have migraine.

## What Causes Migraine?

During a migraine attack, changes occur in the blood vessels and nerves in and around the brain. These changes may lead to migraine symptoms.

## Could Migraine Be a Sign of a More Serious Illness?

Migraine headaches are not life-threatening. They do not lead to cancer or tumors.

## Will I Always Have Migraines?

You may always have migraines from time to time. Many people find they have fewer migraines as they get older. Migraines can be managed so they do not often interfere with your daily activities.

## Do I Need to See a Doctor for My Headaches?

See a doctor if your headaches cause you to miss or limit your activities.

## How Does My Doctor Know If I Have Migraine?

There are no tests for migraine. Your doctor will judge whether you have migraine from your symptoms and a physical exam.

## Are Migraines Linked to My Period?

Women often find that they get migraines when they have their period. Changes in hormone levels can set off a migraine.

## Are Migraines Always So Severe They Require Bed Rest?

Migraines can range from mild to most severe. So even if a headache does not force you to bed, it could still be a migraine.

### Learn More About Migraine

[www.headachetest.com](http://www.headachetest.com) Headache Impact Test™\*

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American Council for Headache Education

[www.headaches.org](http://www.headaches.org) or call 888-NHF-5552  
National Headache Foundation

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Printed in USA. HCM136R0 July 2002