

# Web Site Features New Tools And Information To Help People Manage Migraine

(NAPSA)—Can you imagine: Your head begins to throb. Light, sound and even smells become overpowering to the point that you feel nauseous. You struggle to power through what you're doing, but yearn for solitude in a dark, quiet room. You are concerned that this pain could last for hours, maybe days. For the millions of people affected by migraine, this could be an unfortunate and frequent reality.

Migraine is a chronic, recurring, often debilitating condition that affects three times as many women as men. Nearly 30 million people in the United States are living with migraine—and approximately 14.8 million of them suffer such severe attacks that normal activities, such as attending a family gathering, are extremely difficult, or the attacks are so severe they require bed rest.

We tend to associate migraine with sharp, debilitating physical pain that a person experiences during an attack. But new data show that in addition to the suffering that patients experience during an attack, migraine patients may be concerned and have substantial anxiety between attacks.

Now there is a new resource available for migraine sufferers, [www.mindovermigraine.com](http://www.mindovermigraine.com). Here, people can learn more about the condition and access the latest information about treatment options and preventive techniques.

"Migraine is a complex condition, often causing physical pain and emotional consequences," says Dr. Olajide Williams, assistant professor of neurology at Columbia University and neurologist at Columbia University Med-


### Migraine Prevention

Taking care of yourself—inside and out—can make a noticeable difference in how you feel each day.

These tips can help you lead a healthy lifestyle, recognize triggers and cope with daily challenges that could set off a migraine attack:

- Keep a migraine diary. You'll likely better understand your condition and may be able to identify your personal triggers.
- Learn stress management techniques. Meditation, yoga, visualization or biofeedback may help you relax, thus reducing the likelihood of a migraine.
- Read food labels to ensure what you're eating is free of ingredients or additives that provoke your migraines.
- Get enough sleep. The average adult needs seven to nine hours of sleep each night.
- Be open and honest with your health care professional. Effective communication about the impact of your condition may help your health care professional determine the right treatment plan for you.
- Learn about the range of treatment options. Some people manage their attacks by making lifestyle modifications and taking medications at the onset of an attack. For some people, this approach is not enough. Talk to your health care professional about migraine-preventive medicine, which is taken daily to help stop migraine pain before it even starts.

For additional information, visit [www.mindovermigraine.com](http://www.mindovermigraine.com).



ical Center and Harlem Hospital Center. "People with migraine need access to resources outside of their health care professional's office. The 'Mind Over Migraine' Web site can provide the comprehensive information they might be looking for."

## Web Site Features

Sponsored by Ortho-McNeil Neurologics, Inc., "Mind Over Migraine" provides straightforward information and practical tools to help people with migraine reach their goals of leading a healthy lifestyle, including a life with fewer migraine attacks. The site empowers people to manage their migraines and offers ideas on how to improve communication with a health care professional.

Some of the site features include:

- Migraine facts and statistics
- Information about treatment options
- Migraine-friendly recipes
- Tips on improving communication with a health care professional
- Migraine-management tools such as a headache diary and daily action plan
- A glossary
- Resources link.

Visitors can navigate easily through the site. The site is very interactive, using streaming video and animation. If you or a family member suffers from migraine, you may find that [www.mindovermigraine.com](http://www.mindovermigraine.com) offers answers and resources to help everyone cope with the condition.