

Get Your “Mind Over Migraine” And Get On Track To A Healthier You

(NAPSA)—If you experience migraine, you might find that making small lifestyle changes can help you lead a more fulfilling, healthier life—a life with fewer migraine attacks. Understand that even small, gradual changes can add up to large improvements.

Elizabeth Loder, M.D. and Ortho-McNeil Neurologics, Inc., have teamed up to offer “Mind Over Migraine,” an educational initiative that can help people with migraine reach their goals of leading healthy lifestyles, including lives with fewer migraine attacks.

As you consider what steps to take toward improved health and fewer migraine attacks, start by giving yourself credit for committing to take action over your well-being. Put into place a “Mind Over Migraine” approach, which involves trying new lifestyle modifications and treatment options until you’ve created your own best strategy for feeling better.

Following are tips to help you create a comprehensive approach to managing life with migraine and learning more about migraine prevention:

1. Proactively seek the right medical care and find the most appropriate therapy for your condition. It’s important to partner with your doctor to achieve success from your treatment plan. Find a doctor you are comfortable with and a treatment that helps you manage your migraine attacks.

2. Educate yourself about your condition and how it may be managed. According to a recent Harris survey of people with migraine, nearly one half of the respondents were unaware that there are prescription medications that can help prevent severe migraine attacks.

3. Accept the emotional roller coaster that goes with any chronic condition. It’s normal to feel waves of anxiety, anger, and grief



Certain lifestyle modifications and treatment options may help people experience fewer migraine attacks.

about your migraine attacks, especially when treatment setbacks occur. Allow yourself to feel the emotions.

4. Explore the many effective treatment options that can help you reduce the pain and frequency of your migraine attacks. Talk with your doctor about migraine prevention therapy, which involves taking a daily medication to reduce the frequency of attacks.

5. Connect with others who have migraine. If you don’t know anyone else with this condition, reading about others’ experiences and visiting www.mindovermigraine.com can help keep you from feeling isolated.

Sometimes it’s difficult to see what works and doesn’t work in our lives, and then take action to minimize those things that aren’t quite right. But armed with knowledge and a desire to feel better, you can make small changes that will propel you towards a more satisfying, healthier life with fewer migraine attacks.

For more information on how to achieve “Mind Over Migraine” success, visit www.mindovermigraine.com or call 1-800-617-1144.