

Chronic migraine is a multi-symptom neurological condition. Although headache is usually the most prominent one there are a range of common non-headache symptoms, including nausea, vomiting, sensitivity to light and sound, dizziness, pins and needles and visual disturbances.

It is defined by the presence of headaches on more than 15 days per month, with at least 8 of these being severe/migraine attacks. In addition to headache.

The exact causes of chronic migraine are not fully understood, but genetics, environmental factors, and changes in brain chemistry are thought to play a role. Chronic migraine can also be triggered by a range of factors, including stress, lack of sleep, certain foods, and hormonal changes.

There are several lifestyle modifications that can help manage the symptoms of chronic migraine. These include avoiding trigger factors such as caffeine, alcohol, and painkillers, maintaining a regular sleep schedule, practicing relaxation techniques such as yoga or meditation, and exercising regularly. Keeping a headache diary to identify triggers and patterns can also be helpful.

In addition to lifestyle modifications, there are several treatment options available for chronic migraine. Medications such as beta-blockers, antidepressants, anticonvulsants, and

CGRP monoclonal antibodies can be effective in reducing the frequency and severity of migraine attacks. They are not typically first line, but are reserved for refractory cases.

Nerve blocks, which involve injecting an anaesthetic around the nerves that transmit pain signals, can also be effective in reducing the frequency of attacks.

Botox injections have been approved by regulatory agencies for the prevention of chronic migraine. Botox works by blocking the release of certain neurotransmitters that are involved in the transmission of pain signals. The injections are typically given every 12 weeks and can be effective in reducing the frequency of migraine attacks by up to 50%.

It's important to note that not all treatments are effective for all patients and that a trial-and-error approach may be needed to find the most effective treatment for an individual patient. It's also important to work closely with a healthcare provider to manage chronic migraine and to report any changes or new symptoms that may arise.

In conclusion, chronic migraine is a multi-symptom syndrome that can have a significant impact on quality of life. With a combination of lifestyle modifications and appropriate treatment, many patients with chronic migraine can achieve significant relief from their symptoms.