

Kelly's Migraine Story

Me, Myself and Migraines



So i wasn't sure how to go about this as most the time I don't think about these till they occur which ironically they can happen weekly but my head goes so blurry for the next day or two after (I call it the fog after the storm) that I don't know what is going on, confusion is my main state. My eyes are usually still sensitive the next day too.

When I'm having an episode I sometimes now know they're coming, I either have tight muscles in the very tops of my shoulders, both or one side, my neck is extremely tight all the way to the top of my spine in my head. I'll sometimes have the ache on one side of my head, or the front around my eyebrows and middle of my nose, occasionally I run my fingers from

one hand along both eyebrows in a  symbol way an notice one is out further than the other so I know there is a build up of pressure on the one side. Its a subtle difference but one I have noticed since I was about 14/ 15.

only in the last 2-3years have i gone to the doctors about my migraines, an have been on various meds.

I first went about my sinuses, and was put on a steroid nasal spray which has helped a fair bit in one regard, but the migraines got much worse. I'm on daily tablets to try to stop them happening which I have switched 3 times. An i also have reactive tablets to take when one strikes which i recently changed.

The only way they go is by submerging in as many cold compresses around my head and

neck as possible and trying to sleep  which due to pain can take ages.

Not the best when you have to go to work an function as best you can. It is extremely debilitating an im not sure people fully understand the extent it drains your body.

The pain is of 2 ways, i describe it as my head is in a car crusher.. continuously pushing down into my head an there is no relief, other than if I was to stick my head in a freezer.

Or the other way, my head feels like it needs to explode, from any gap something from inside my head needs to escape to release this insane pressure but it can't... it's stuck an nothing I do for hours sometimes even days helps.

I've had migraines knock me for a day...to 4 days. More recently I've started getting nausea with them which freaks me out.

It's truly horrific to deal with, let alone any other medical issues I have.

Triggers I know of can be stress, lack of sleep, lack of food, dehydration, weather (weird one but when its cloudy an just grey sky) The reflection can set me off, not sure yet if my menstrual cycle is a trigger, I try to track them both to see a correlation but I'm not fully convinced as many other things set me off. Tight muscles due to exercising a lot causing tension.

My mother suffers with these and so does my aunty. Both suffer really badly. Kelly S

