

National Migraine and Headache Awareness Month (*Interview Transcripts*)

Tina Doretti, APN, Family Medicine, OSF HealthCare

“They can be associated with seasonal triggers. If you have allergies and you frequently have congestion in your nose, you want to take care of that because that could also be a trigger for migraines that come and go.” (:16)

Tina Doretti, APN, Family Medicine, OSF HealthCare

“I think addressing stress and anxiety and also overall mental health and wellness is important because stress is also a factor that contributes to migraines and headaches. Get enough sleep, drink enough water, and discuss a plan with your primary care provider if these continue to be a problem.” (:21)

Tina Doretti, APN, Family Medicine, OSF HealthCare

“You could actually have rebound headaches if you try to treat them at home. Sometimes overmedicating with over-the-counter medication for a period of time, or even using some of those abortive therapies that we use for migraines, can cause a rebound headache. (:17)

Tina Doretti, APN, Family Medicine, OSF HealthCare

“Definitely make sure that you figure out what the triggers are. Identify if they’re triggers and if it is something you can correct on your own. But don’t let these headaches kind of be that monkey on your back. Yes you are able to function with some sort of headache – but if it’s interrupting your everyday function, then it’s really important to talk with your primary care provider about a plan to see how they can be reduced.” (:24)

Tina Doretti, APN, Family Medicine, OSF HealthCare

“If you do have these intractable migraines where you can’t get a handle on improving them, then most certainly you should seek medical attention – because with the associated symptoms of nausea and vomiting, dehydration could be a factor. So don’t wait it out if it gets too bad.” (:18)