The Balm In Gilead Inc

Sunday Morning HEALTH CORNER



Migraine & Headache Awareness: More Than "Just a Headache"

Migraines and chronic headaches can affect sleep, focus and overall well-being. While some headaches are mild, migraines can cause intense pain, nausea and sensitivity to light or sound. Children can experience migraines too, but their symptoms are often mistaken for stress or regular headaches. Migraine and Headache Awareness Month helps raise awareness about the importance of support and treatment.

Recognizing Symptoms & Triggers

Headaches and migraines can be connected to stress, lack of sleep, dehydration, hormone changes, certain foods, eye strain and even weather changes. In children, migraines may appear as stomach pain, irritability, fatigue or sensitivity to light and noise. Paying attention to patterns and symptoms can help identify triggers and reduce the frequency of attacks. Learning what affects your body is an important step toward better management and prevention.

Why it matters

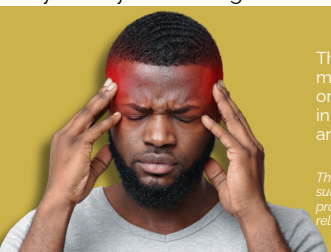
Migraine and headache disorders are often misunderstood or minimized, even though they can be extremely debilitating. Frequent migraines can interfere with work, school, relationships, focus and overall quality of life. For some people, migraines are not occasional headaches but recurring episodes that impact their ability to function normally for hours or even days at a time. Many people normalize chronic pain instead of seeking support or treatment. Others may not realize their symptoms are connected to migraines at all, especially in children where symptoms can appear differently. Early intervention, healthy lifestyle habits and proper medical care can help reduce symptoms and improve day-to-day functioning.

What you can do

- Keep track of headache patterns and possible triggers.
- Prioritize hydration, sleep and stress management.
- Reduce screen time and take breaks to prevent eye strain.
- Pay attention to recurring headache symptoms in children.
- Talk to a healthcare provider about ongoing or severe headaches.



https://www.accellacare.us/



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.