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I've never had a migraine. But I've heard how debilitating they can be. And I've certainly heard how prolific they are in Calgary. That's why we brought in neurologist Dr. Tamara Pringsheim to talk about these severe headaches and debunk some of the myths surrounding them. First off – the chinook headache – is it real? Yes, it is. And Dr. Pringsheim says new research by her colleagues, published in a reputable medical journal, actually documents the link between chinooks and migraine headaches. As far as treatment goes, just know, there are many options available. There are medications to treat symptoms and there are also medications that are preventive. ie. that help to ward off the onset of migraines. One thing to be aware of in rare cases, a migraine can be a symptom of an oncoming stroke or brain aneurysm. These are migraines that feel very different from your usual migraine, they start with what is described as a “thunderclap” of pain, or if there is any loss of consciousness associated with that migraine it's important to seek medical help immediately. The best thing to do for ongoing migraines is get the help you need. There is a migraine clinic in Calgary, it's called the Calgary Headache Assessment and Management Program, or the CHAMP clinic. They practice a multidisciplinary approach to treating migraines. So you'll see several health professionals including a neurologist, psychologist and occupational therapist. To see someone there, you must have a referral from your family doctor or other specialist. For more information on this clinic call 403-944-4249. There is also a lot of good information on this website: www.headachenetwork.ca/.