

# MIEUX COMPRENDRE LA MIGRAINE

## CAUSES



Génétique



Troubles hormonaux (ex. règles ou grossesse)



Troubles neuro-vasculaires



Alcool, tabac



Troubles du sommeil



Exercices intenses



Déshydratation



Médicaments



Lumière (facteur aggravant)



Stress

**Douleurs intenses (localisées sur un seul côté de la tête), souvent violentes et répétées**

## SYMPTÔMES



Douleur localisée en général seulement sur une partie de la tête (intensité progressive)



Nausées et vomissements



Sensibilité à la lumière et au bruit

**La migraine peut être précédée d'une aura**



Troubles de la vision



Fourmillements

**Caractéristiques de la migraine**



Localisation unilatérale (d'un côté de la tête)



Douleur pulsatile ("ça frappe dans la tête")



Intensité moyenne à importante

## TRAITEMENTS



**AINS**  
(anti-inflammatoire non stéroïdiens)  
(ex. ibuprofène)



Bétabloquants



Antidépresseurs



Antiépileptiques  
(topiramate)



Antihypertenseurs



Anti-CGRP/  
anti-PRGC

## BONS CONSEILS & PRÉVENTION



Pratiquer de l'exercice et du sport



Prévenir les causes (facteurs déclenchants) de la migraine



Évitez de consommer trop de caféine



Portez un bonnet l'hiver



Consommez du magnésium



Buvez régulièrement

# Migraine D Couvrez Prouv S Liminer Rapidement Ebook

**Zuzana Bic**



## **Migraine D Couvrez Prouv S Liminer Rapidement Ebook:**

No More Headaches, No More Migraines Zuzana Bic,1999      *The Everything Health Guide to Migraines* Paula Ford-Martin,2008-07-01 If you are one of the 28 million Americans suffering from migraines you know how hard it is to find relief The Everything Health Guide to Migraines is your perfect resource for information about symptoms coping methods and both medicinal and natural treatment options for your migraines This handbook provides clear concise information to help you understand the problem and find a solution In this helpful guide you ll find the knowledge you need to Identify the different types of migraines Determine migraine myths and misconceptions Get a proper diagnosis the first step toward relief Avoid migraine triggers Choose traditional or alternative treatment options This book will assist you in accurately diagnosing your condition and managing your physical and emotional health It is your compass on the road to recovery and the future of your migraine care With The Everything Health Guide to Migraines you can say goodbye to migraine pain Paula Ford Martin is a health writer with more than twelve years of experience who has suffered from migraines since childhood She is the author of several Everything health guides Paula has written extensively for traditional and alternative medicine publications She lives in Connecticut Daniel Lachance M D is a neurologist with more than twenty years of experience A graduate of the Dartmouth Medical School Dr Lachance is appointed in the Division of Regional Neurology at the Mayo Clinic He runs his own practice in his hometown of Rochester Minnesota      *Migraine Headaches* Lucy Dell'Aquila,1978-04

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web oct 13 2023 ingredients 1 1 2 cups half and half cream 3 large egg yolks 3 tablespoons brown sugar 2 teaspoons vanilla extract 3 4 teaspoon ground cinnamon 1 2 teaspoon salt 1 4 teaspoon ground nutmeg 8 slices day old brioche bread 1 inch thick optional toppings butter maple syrup fresh berries whipped cream and confectioners sugar directions

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web sep 26 2023 method make the egg mixture in a medium bowl whisk together the eggs milk and cinnamon stir in the orange zest and or soak the bread slices in egg mixture place each slice of bread into the milk egg mixture allowing the bread to soak in fry the french toast melt some butter in a large

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web ingredients yield 4 servings 2 whole eggs 2 egg yolks 2 cups whole milk or  $1\frac{3}{4}$  cups milk plus 2 to 4 tablespoons cream 1 teaspoon vanilla extract optional pinch of salt unsalted butter for

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web feb 23 2019 instructions whisk together egg mixture in a bowl vigorous whisk avoid cinnamon floating on top melt 15g 1 tbsp butter in a non stick skillet over medium heat dunk a piece of bread quickly into the egg mixture coating both sides place in pan repeat with more slices to fill cook for 2  $\frac{1}{2}$

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web instructions 1 to make this easy french toast recipe whisk egg vanilla and cinnamon in shallow dish stir in milk 2 dip bread slices in egg mixture turning to coat evenly on both sides 3 cook bread slices on lightly greased nonstick griddle or skillet on medium heat until cooked through and