Severe jawbone disorder can worsen migraine pain

- TMD can increase the frequency and severity of the migraine
- Lifestyle changes can help in preventing migraine symptoms from becoming worse

New Delhi, 25 September 2017: As per a recent study, those with a severe jawbone disorder (known as temporomandibular disorder [TMD]) are more likely to suffer from chronic migraine. Although TMD does not directly cause migraine, it can increase the severity and frequency of the condition. Migraine is the third most prevalent illness in the world and affects about 1 billion people worldwide. While most sufferers experience attacks once or twice a month, more than 4 million people have chronic daily migraine, with at least 15 migraine days per month.

Migraine, is a severe throbbing recurring pain, usually on one side of the head. However, both sides are affected in about one-third of the attacks. Migraine is a primary headache. This is because the pain is not due to an underlying condition such as a brain tumor or injury. Those with migraine suffer from moderate to severe pain. This makes it difficult for them to carry out even normal activities and therefore, they retreat to a quiet and dark room.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Migraine can also have an enormous impact on a person’s work, family and social life due to the debilitating pain it causes. Migraine occurs in children also but largely goes undiagnosed. Migraines can be episodic or chronic. The difference lies in how frequently the migraines occur. Those who suffer from episodic migraine have fewer than 14 headaches per month for three months. Whereas, those with chronic migraine have headaches for 15 days or more per month. Episodic migraines can increase and turn into chronic migraines over the course of few years or months. Familial Hemiplegic Migraine (FHM) is a type of migraine that runs in families. It is a rare, genetically inherited condition. Women are affected thrice as much as men by migraine.”

Some common disabling symptoms of migraine include visual disturbances, nausea, vomiting, dizziness, extreme sensitivity to sound, light, touch and smell, and tingling or numbness in the extremities or face. However, the symptoms can vary from person to person.

Adding further, Dr Aggarwal, said, “Prevention and treatment of migraine centers around reducing the frequency, stopping the symptoms, or making them less severe. While some medications provide pain relief, others attack the underlying symptoms. It is also a good idea to keep a migraine journal, which will help in figuring out what treatment works best for you. An accurate and complete account of migraine attacks can help track the triggers and frequency of attacks and decide on the right treatment option for you.”
The upcoming Perfect Health Mela being organized by HCRI, to be held from 4th to 8th October 2017 at the Talkatora Stadium in New Delhi will provide a platform to discuss many of these health issues. IMA is the knowledge partner for the event. It is a must visit for those interested in learning more about preventive health and well-being. The Mela will also have free health camps for checking various health parameters.

Certain lifestyle changes and eating habits can help prevent migraine from getting worse.

- Avoid certain foods such as alcohol and chocolate.
- Quit smoking as it has been proven to increase head pain and other symptoms.
- A diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats is best to avoid migraines. One should also avoid skipping meals.
- It is important to stick to a regular sleep schedule to keep the immune system strong, ward off depression and anxiety, and help the body and mind relax.
- Indulge in aerobic, strengthening, and flexibility exercises for about 30 minutes every day. Avoid stress through meditation and yoga can help in significantly reducing the frequency and severity of migraines.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca Book of World Records for the maximum number of people trained in hands-only CPR in one go. Keeping Article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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