

MIGRAINE IS MORE THAN JUST A HEADACHE

Nausea or vomiting

Temperature dysregulation

Sensitivity to sound

Slurred or mumbled speech

Sensitivity to smell

Tinnitus

Sensitivity to light

Neck stiffness and pain

Visual disturbances

Vertigo

Blind spots

Dizziness

Blurred or foggy vision

Slurred or mumbled speech

Perceiving touch as painful

Food cravings

Numbness or tingling in the face

Thirst and frequent urination

Mood changes

Sleep disturbance

Jaw pain

Altered bowel habits

Brain fog

Yawning

Difficulty speaking

Nasal congestion

Deja vu and jamais vu

Alice in Wonderland syndrome



**MIGRAINE
FOUNDATION**
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