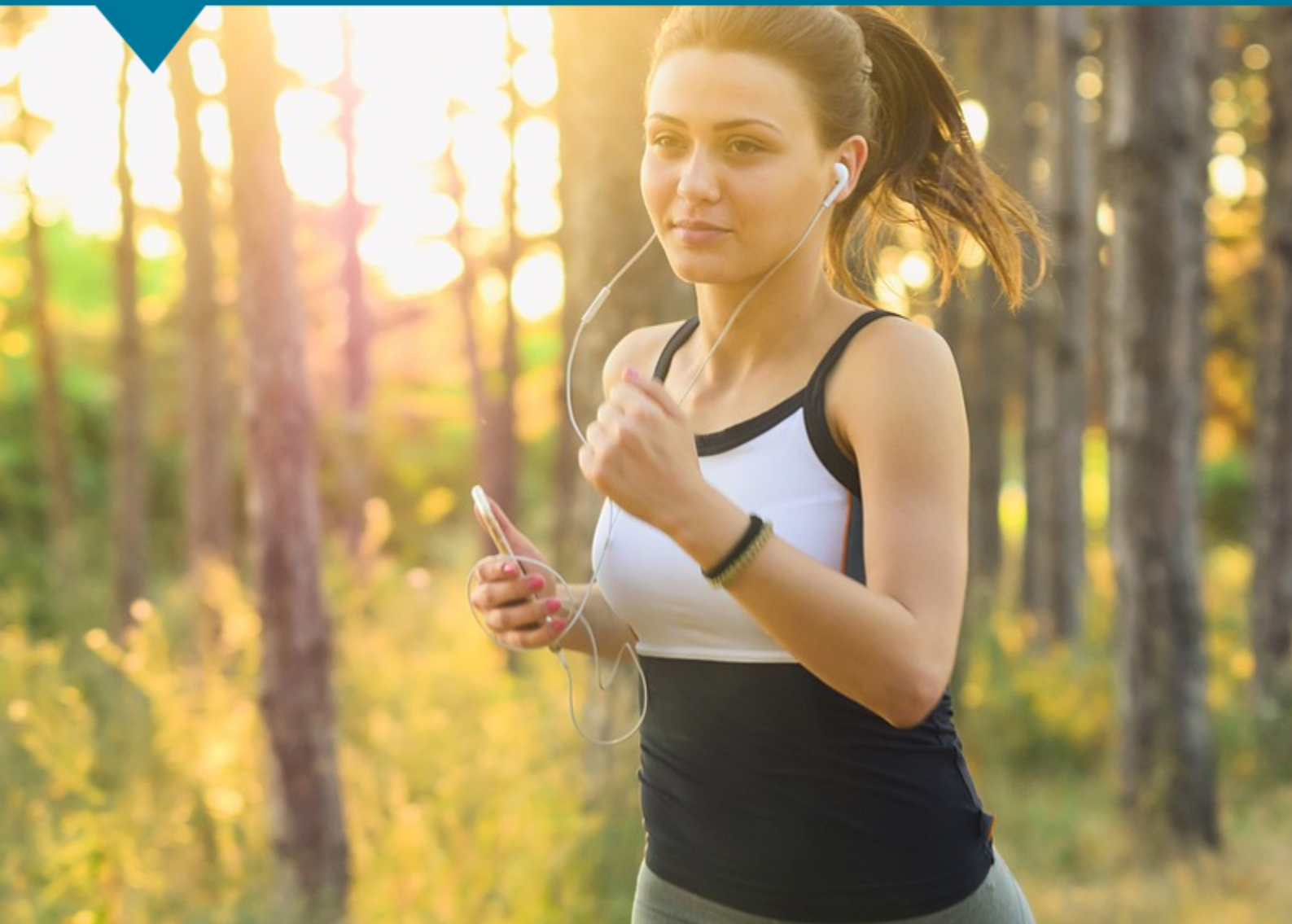


# MENTAL HEALTH IN WOMEN

## ACHIEVING WELLNESS



Donna Haché

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# Migraines and Headaches in Women

Migraines and headaches are common ailments that affect millions of people worldwide. However, studies show that women are more likely to suffer from migraines and headaches than men. In this chapter, we will explore the reasons behind this disparity and how women can manage and prevent migraines and headaches.

## Migraines vs. Headaches

Before delving into the differences between migraines and headaches, it is essential to understand what they are. Headaches are a common condition that causes mild to severe pain or discomfort in the head or neck region. They can be caused by a variety of factors, including tension, dehydration, sinus pressure, or even exposure to bright light or loud noises.

On the other hand, migraines are a type of headache that are typically more severe and accompanied by other symptoms such as nausea, vomiting, and sensitivity to light and sound. Migraines are often preceded by a warning sign, such as a visual disturbance, and can last anywhere from a few hours to several days.



## Migraines and Women

Studies show that women are three times more likely to suffer from migraines than men. This gender disparity is thought to be due to the hormonal fluctuations that women experience throughout their lives. Hormones such as estrogen and progesterone can affect the severity and frequency of migraines, particularly during puberty, menstruation, pregnancy, and menopause.

During puberty, girls start to produce more estrogen, which can trigger migraines. Menstrual migraines are also common, occurring a few days before or during a woman's period. Pregnancy can either improve or worsen migraines, with some women experiencing relief in their second and third trimesters, while others suffer from more severe migraines. Menopause is also a significant hormonal shift that can trigger migraines in women.