

Mayo Clinic's Medical Edge

*What are Migraines*

1:00

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**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	HEADACHE PAIN IS A COMMON PROBLEM. THANKFULLY, FOR MOST OF US, AN ASPRIN OR TWO CAN TAKE CARE OF THINGS. YET MILLIONS OF PEOPLE SUFFER FROM RECURRENT HEADACHES CALLED MIGRAINES. THEY CAN LAST A FEW HOURS OR EVEN DAYS AND BE DISABLING.
<b>D. Michael Cutrer</b>	"IT'S OF MODERATE TO SEVERE INTENSITY. IT'S ASSOCIATED WITH LIGHT AND SOUND SENSITIVITY. IN MANY WAYS, DURING A MIGRAINE ATTACK, ALL OF THE SENSATION SYSTEMS ARE TURNED UP SUCH

	THAT NORMAL INPUTS BECOME UNPLEASANT.”
	MAYO CLINIC NEUROLOGIST MICHAEL CUTRER (COO-TRAIR) SAYS MIGRAINE PAIN IS LIKE A SHORT-CIRCUIT OF THE BRAIN’S PROTECTIVE EARLY WARNING SYSTEM.
<b>Dr. Cutrer</b>	“IT’S LIKE THE BURGLAR ALARM GOING ON WHEN THERE’S NO BURGLAR.”
	WHILE WE DON’T KNOW THE EXACT CAUSE OF MIGRAINES. WE DO UNDERSTAND MUCH MORE ABOUT TREATMENTS THAT CAN HELP EASE PAIN, AND EVEN PREVENT SOME ATTACKS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.