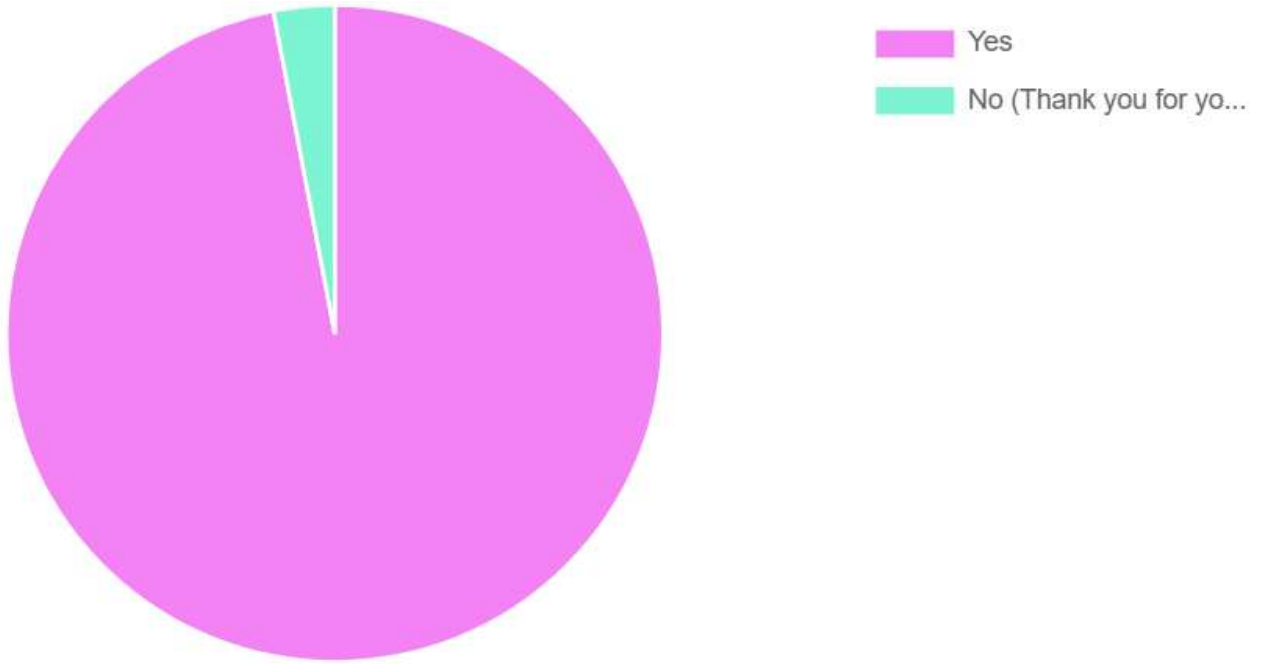


# Migraines, Headaches and ME/CFS Survey - Sept 2024

Question 1  MULTIPLE CHOICE

Do you experience headaches or migraines?



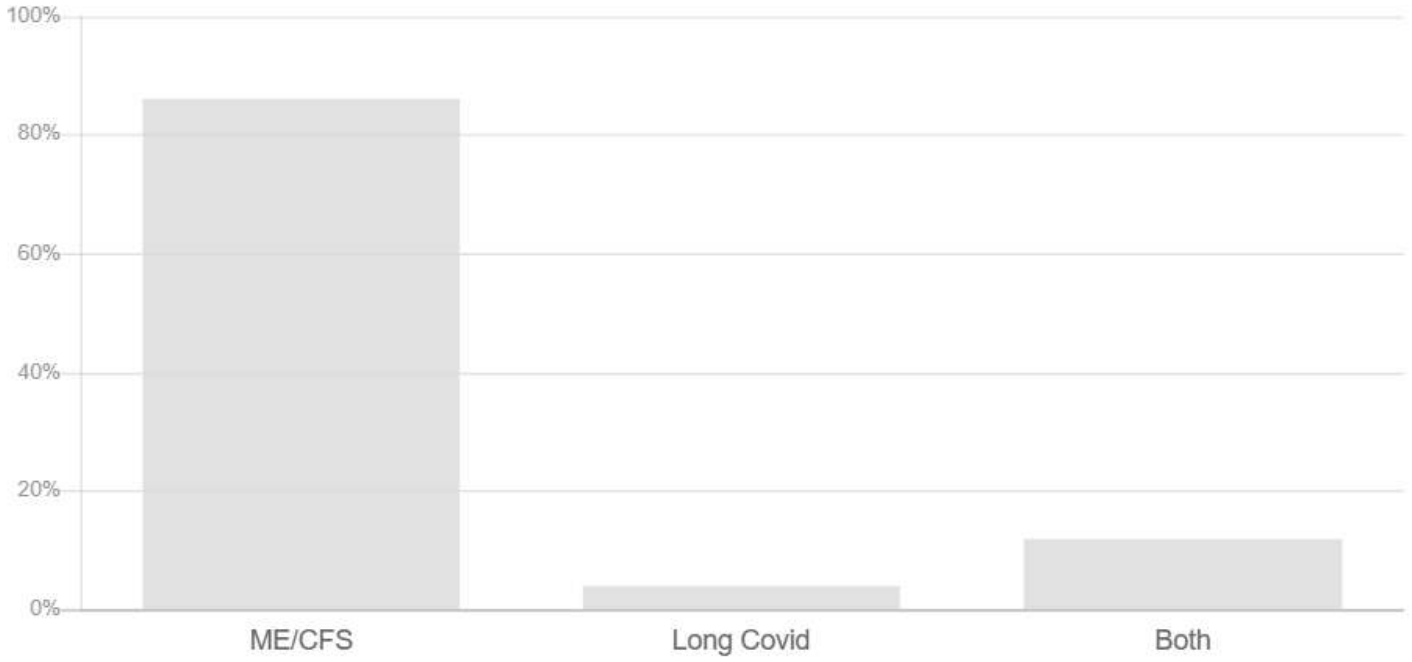
ANSWERS	RESPONSES
Yes	97% 842
No (Thank you for your response)	3% 27

869 Answered

0 Skipped

Question 2  CHECKBOXES

Do you have ME/CFS, Long Covid or both?



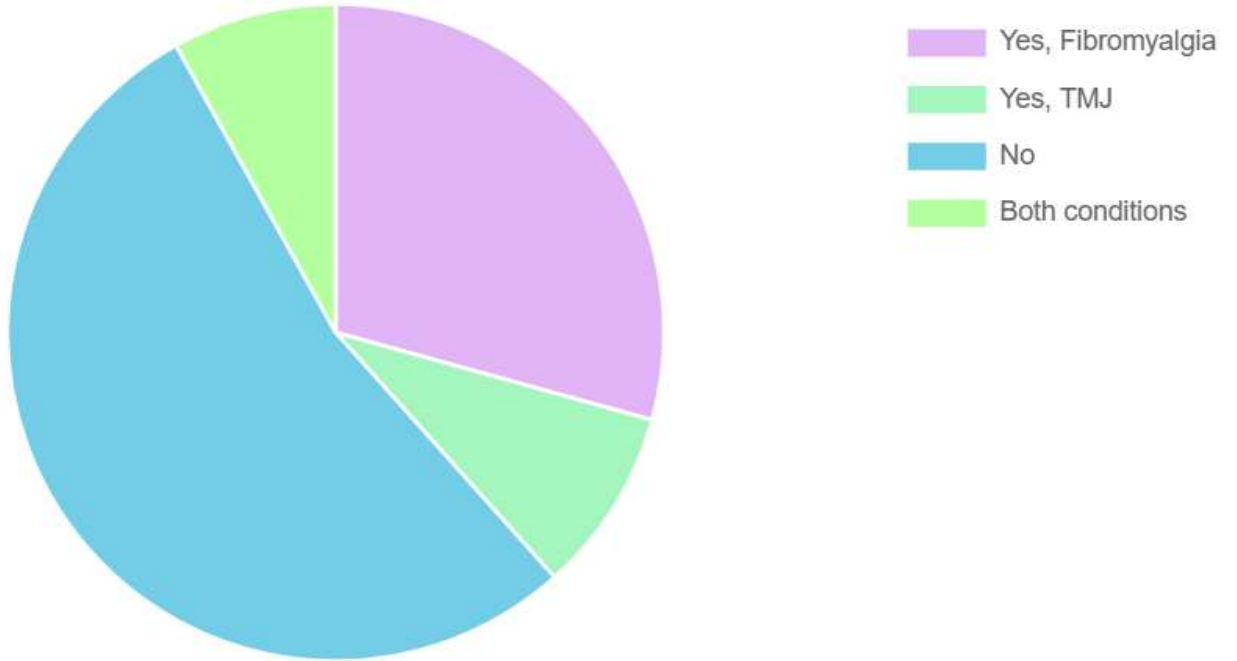
ANSWERS	RESPONSES	
ME/CFS	86%	726
Long Covid	4%	35
Both	12%	105

842 Answered

27 Skipped

Question 3 ☰ MULTIPLE CHOICE

Do you also have Fibromyalgia and/or Temporomandibular joint disorder?



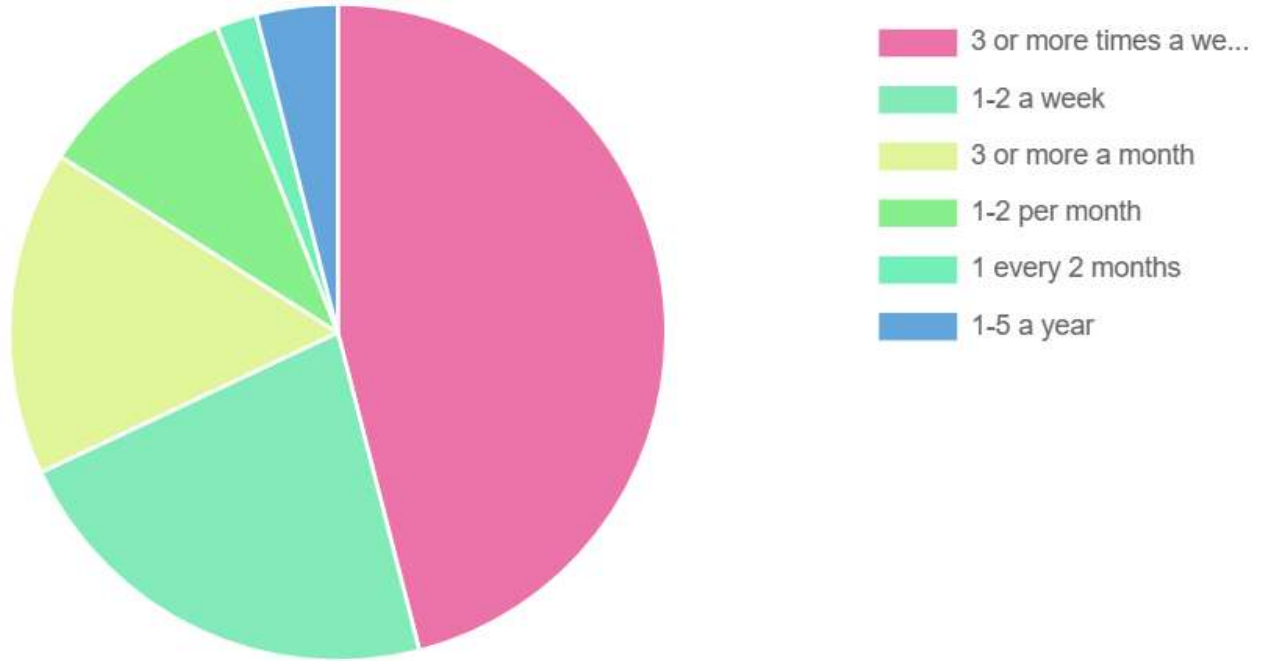
ANSWERS	RESPONSES	
No	53%	443
Yes, Fibromyalgia	29%	239
Yes, TMJ	9%	78
Both conditions	8%	69

829 Answered

40 Skipped

Question 4 ☰ MULTIPLE CHOICE

How often do you have headaches or migraines?



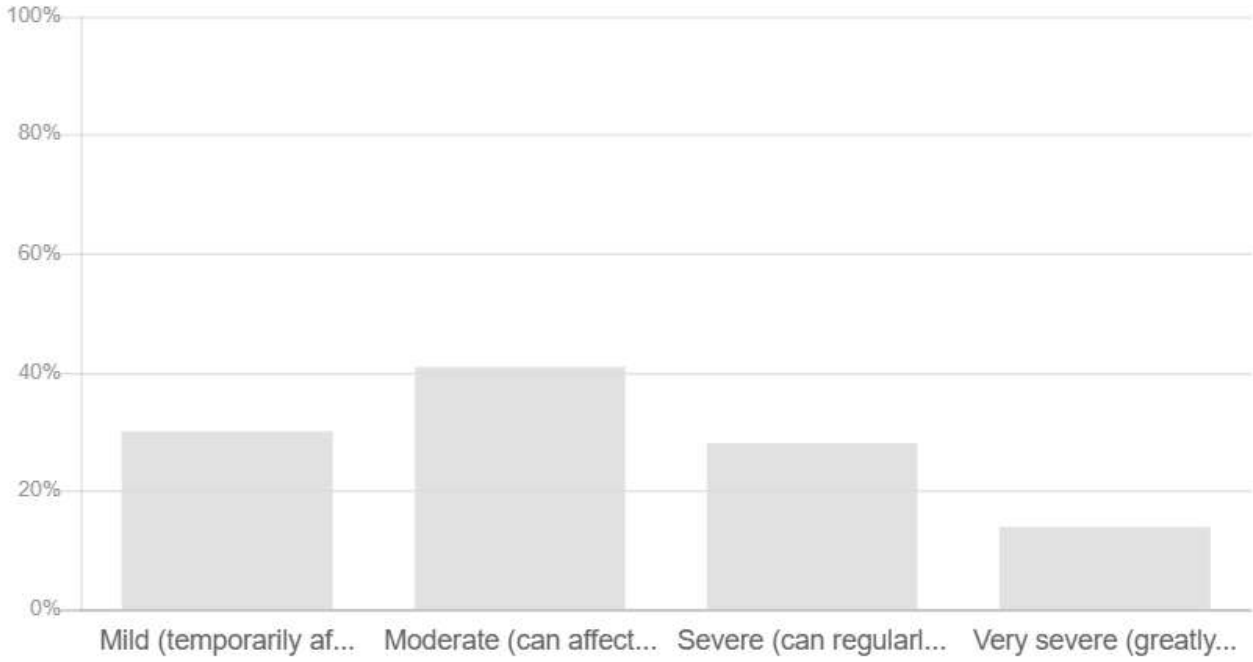
ANSWERS	RESPONSES	
3 or more times a week	46%	386
1-2 a week	22%	186
1 every 2 months	2%	18
1-2 per month	10%	84
3 or more a month	16%	131
1-5 a year	4%	35

840 Answered

29 Skipped

Question 5  CHECKBOXES

How severe are your headaches or migraines?



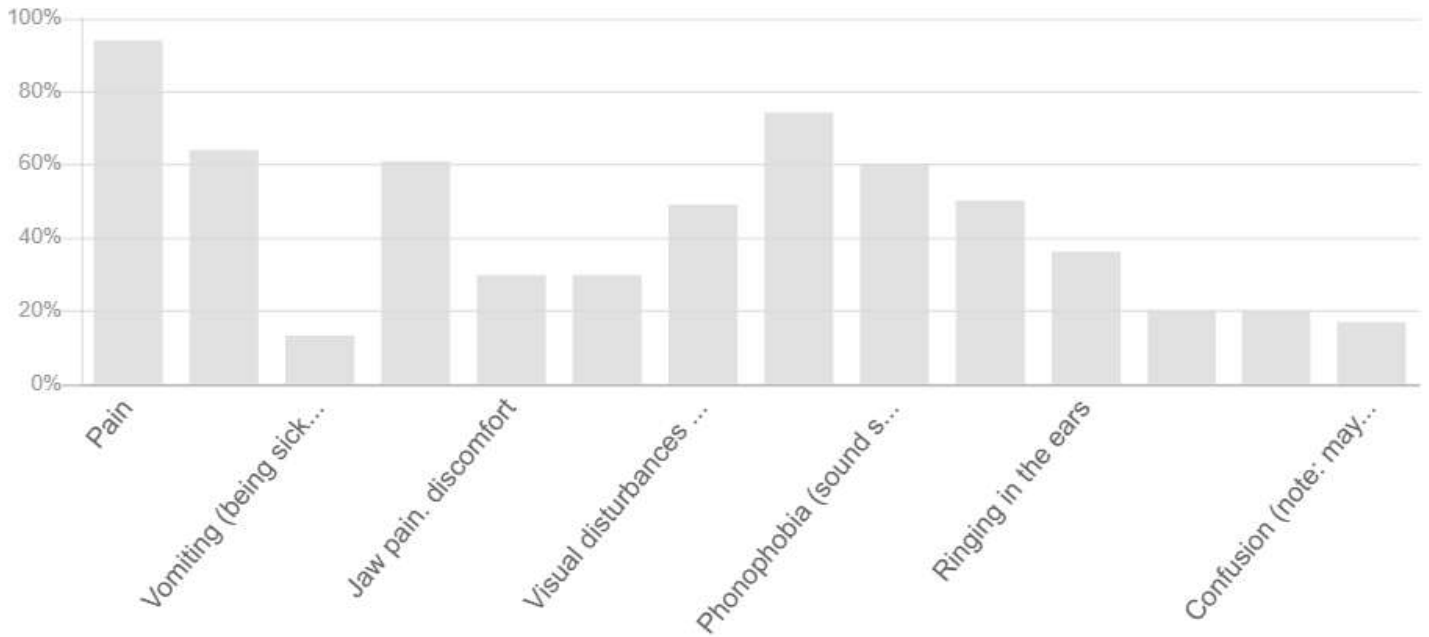
ANSWERS	RESPONSES	
Mild (temporarily affects ability to do activities of daily living (ADL's))	30%	252
Moderate (can affect ADL's for several days)	41%	341
Severe (can regularly affect ADL's)	28%	235
Very severe (greatly affects ADL's for a sustained amount of time)	14%	115

840 Answered

29 Skipped

Question 6  CHECKBOXES




















What are the main symptoms you experience when you have headache or migraine?




















































ANSWERS	RESPONSES	
Pain	94%	794
Nausea (feeling sick)	64%	540
Vomiting (being sick)	13%	112
Neck pain/stiffness	61%	514
Jaw pain. discomfort	30%	249
Auras	30%	255
Visual disturbances (blurred vision etc)	49%	414
Photophobia ( light sensitivity)	74%	620
Phonophobia (sound sensitivity)	60%	508
Dizziness	50%	419
Ringing in the ears	36%	300
Difficulty speaking (note: may need medical attention)	20%	166
Numbness/tingling (note: may need medical attention)	20%	170
Confusion (note: may need medical attention)	17%	139


























Question 7  SINGLE LINE TEXT
























## Any other not listed above


















ANSWERS	DATE	
Vertigo	September 5, 2024 at 11:00 am	
Exacerbation of M.E. symptoms and neuropathic pain	September 5, 2024 at 11:05 am	
Sudden exhaustion	September 5, 2024 at 11:30 am	
Cognitive difficulties - have to avoid screens	September 5, 2024 at 11:32 am	
Digestive disruption. Shaking.	September 5, 2024 at 11:53 am	
Altered sense of smell, extreme sensitivity to touch (especially on hands)	September 5, 2024 at 12:23 pm	
Increased sensitivity to light and noisw	September 5, 2024 at 12:30 pm	
Worse bending down, and if not breathe eg when drinking	September 5, 2024 at 12:31 pm	
Swelling of right side of forehead	September 5, 2024 at 12:32 pm	
Throbbing pains on top head area	September 5, 2024 at 12:33 pm	
Fatigue	September 5, 2024 at 12:33 pm	
I get a crossover - lights are too loud and noises too bright.	September 5, 2024 at 12:34 pm	
Face pain	September 5, 2024 at 12:35 pm	
Taste changes	September 5, 2024 at 12:35 pm	
Concentration, reading thinking problems	September 5, 2024 at 12:37 pm	
I have tinnitus since Covid, not sure if that is ringing in ears. I have headache100% of the time at varying levels of severity. Migraine with aura fairly infrequently. I have tingling on soles of feet and underside of tongue 100% of time also from Covid, I've been on neurology waiting list for over a year for this.	September 5, 2024 at 12:41 pm	
Brain fog	September 5, 2024 at 12:44 pm	
Not being able to focus or concentrate properly	September 5, 2024 at 12:47 pm	
Difficulty focusing	September 5, 2024 at 12:48 pm	

ANSWERS	DATE	
Muscle weakness, shakes, struggle to regulate temperature	September 5, 2024 at 12:52 pm	
Throbbing pain that pluses at each temple lobe.	September 5, 2024 at 12:55 pm	
Additional fatigue	September 5, 2024 at 1:03 pm	
Increased fatigue	September 5, 2024 at 1:14 pm	
Idon't think it is migraines. I feel like my brain is swelling and I get CFS fluid leaks but the doctor denie it and says it's Migraine and nose pollups.	September 5, 2024 at 1:15 pm	
Pulsating blood vessels around temples	September 5, 2024 at 1:15 pm	
Sensitivity to movement and movement worsening symptoms, severe ear pain, moderate sinus pain,	September 5, 2024 at 1:17 pm	
facial pain	September 5, 2024 at 1:20 pm	
burning face pain	September 5, 2024 at 1:24 pm	
Eye pain sometimes	September 5, 2024 at 1:29 pm	
Worsened fatigue	September 5, 2024 at 1:32 pm	
Pain in my teeth and gums	September 5, 2024 at 1:38 pm	
worsened fatigue	September 5, 2024 at 1:55 pm	
Cognitive dysfunction	September 5, 2024 at 2:15 pm	
Faint and temporary blindness in one or both eyes	September 5, 2024 at 2:15 pm	
I have accompanying Thunder Clap Headache with them.	September 5, 2024 at 2:17 pm	
Sense of unreality. Increase in general pain. Get angry suddenly	September 5, 2024 at 2:57 pm	
Sugar craving	September 5, 2024 at 3:19 pm	
Cognitive disturbance, brain fog, feeling of pressure/swelling in brain	September 5, 2024 at 3:28 pm	
mood changes	September 5, 2024 at 3:29 pm	
Mid segment facial pain	September 5, 2024 at 3:34 pm	
more fatigue	September 5, 2024 at 3:57 pm	
Have to go to bed as feel so unwell	September 5, 2024 at 4:02 pm	
Vomiting till I pass out.have to have oxygen and intravenous water drip.	September 5, 2024 at 4:16 pm	
sinus pain	September 5, 2024 at 4:44 pm	

ANSWERS	DATE	
Swollen neck glands	September 5, 2024 at 4:50 pm	
Hemiplegic so loose use of left side constipation	September 5, 2024 at 4:56 pm	
Cognitive impairment - difficult to form sentences, read or think. Sensitivity to certain colours.	September 5, 2024 at 5:57 pm	
Pale lips, twitching in corner of one eye.	September 5, 2024 at 5:59 pm	
visual disturbance as in colours, spinning, flashing	September 5, 2024 at 6:32 pm	
Increased fatigue	September 5, 2024 at 6:47 pm	
Significant increase in pain from small movements	September 5, 2024 at 6:59 pm	
Pain in the eyes	September 5, 2024 at 7:58 pm	
extreme pain up my spine	September 5, 2024 at 9:19 pm	
Pain in the mask of the face triggered by fragrances	September 5, 2024 at 10:52 pm	
fatigue and difficulty to concentrate are worsened and generally feel off	September 6, 2024 at 12:09 am	
Worsened joint/muscle main esp upper back + neck, exacerbates IBS/constipation, makes ME worse and feel very disorientated from Constant vertigo dizziness made worse with daily vestibular migraines	September 6, 2024 at 7:52 am	
Upset stomach. This triggers migrane every time	September 6, 2024 at 7:54 am	
If reading, some letters in words disappear when a migraine is about to start.	September 6, 2024 at 7:54 am	
Increased brain fog	September 6, 2024 at 8:09 am	
Ear fullness	September 6, 2024 at 8:18 am	
Memory loss, allodynia	September 6, 2024 at 8:53 am	
Hot flushes/ cold shivers dizziness, one sided body pain	September 6, 2024 at 9:33 am	
Left sided weakness, seizure (Hemiplegic Migraine)	September 6, 2024 at 9:49 am	
Shaking	September 6, 2024 at 10:17 am	
tends to come as blocks of headaches	September 6, 2024 at 12:32 pm	
Whooshing in ears. In time with my pulse.	September 6, 2024 at 12:40 pm	
Stroke like symptoms - hemiplegic migraine and needs thrombolysis and hospital	September 6, 2024 at 1:13 pm	
Bad sinus pain	September 6, 2024 at 1:45 pm	

ANSWERS	DATE	
Migraine pain extends down my arm to the elbow, down my back, in my buttock, thigh, side of calf muscle and sometimes into foot	September 6, 2024 at 2:17 pm	
Occasionally with diarrhoea	September 6, 2024 at 6:22 pm	
Pressure on the top of the head like someone is pushing down on it	September 6, 2024 at 10:37 pm	
Black floaters in field of vision	September 7, 2024 at 6:31 pm	
Lightheaded	September 8, 2024 at 12:13 pm	
My digestion shuts down and doesn't resume running normally until the migraine has gone (can last days).	September 8, 2024 at 3:23 pm	
Increased cognitive dysfunction (inability to concentrate, process information etc)	September 9, 2024 at 11:38 am	
Smell and yawning -told these could be types of aura.	September 9, 2024 at 9:55 pm	
Pain back of eyes. Pain in certain areas of head	September 12, 2024 at 4:31 pm	
blocked nose	September 12, 2024 at 4:48 pm	
Tiredness increases.	September 12, 2024 at 6:13 pm	
brain fog	September 15, 2024 at 4:20 pm	
Cold feet, sore throat, sore neck glands.	September 16, 2024 at 8:33 am	
general increase in malaise	September 18, 2024 at 5:18 pm	
Paralysis	September 20, 2024 at 3:21 am	
Heavy eyelids	September 22, 2024 at 1:06 pm	
Can't "see" written text in the centre of my visual cortex, when reading. That temporary "blindness" is a big indicator that I'm starting a migraine.	September 23, 2024 at 2:43 pm	
Feeling I of motion upon sitting/standing upright (vertigo)	September 23, 2024 at 3:35 pm	
Sensitivity to smells	September 23, 2024 at 3:49 pm	
Spaced out	September 23, 2024 at 4:15 pm	
Don't take medication for headaches as nothing works	September 24, 2024 at 12:38 pm	
Fatigue	September 24, 2024 at 10:40 pm	
Extreme Sensitivity to movement so I lie rigid	September 27, 2024 at 4:18 pm	
Fullness in ears	September 28, 2024 at 3:30 pm	
Collapse	September 28, 2024 at 3:40 pm	

ANSWERS	DATE	
Pain across top of shoulderx and down arms	September 28, 2024 at 4:58 pm	
Complete exhaustion and needing to sleep, loss of concentration and focus	September 28, 2024 at 5:49 pm	
Sensitive to smell	September 28, 2024 at 7:50 pm	
Seeing words and numbers back to front in early onset	September 28, 2024 at 7:55 pm	
My whole scalp feels like needles especially at the base of my neck	September 28, 2024 at 8:01 pm	
Brain fog, change in mood, sleepiness	September 28, 2024 at 11:41 pm	
Paralysis	September 28, 2024 at 11:55 pm	
Sinus face pain	September 29, 2024 at 12:08 am	
Diminished cognitive function and memory	September 29, 2024 at 12:58 am	
Feel pressure behind eyes, like they are going to pop out	September 29, 2024 at 3:52 am	
Nausea and diarrhoea, change in mood, fatigue	September 29, 2024 at 8:51 am	
Brain fog	September 29, 2024 at 9:42 am	
Coldness	September 29, 2024 at 11:05 am	
Smell sensitivity and food cravings (often dairy)	September 29, 2024 at 8:40 pm	
Mood change	September 29, 2024 at 9:52 pm	
Brain fog, feels like my head is in a vice	September 29, 2024 at 10:31 pm	
A neurologist diagnosed me with atypical complex migraines. There are so many symptoms I can't list, but it's like I've been drugged, I have intense pain through my skeleton that feels like toothache through my whole body, and I can have myoclonic seizures that last about half an hour when it gets bad. These got much worse with menopause. My neuro said because of histamine spikes with my diagnosed MCAS	September 30, 2024 at 12:21 am	
Temporary paralysis on one side of the body	September 30, 2024 at 2:55 pm	
Worse fatigue and restlessness	September 30, 2024 at 8:43 pm	
Bloating and more fatigue,	September 30, 2024 at 10:59 pm	
Swelling of the eye	October 3, 2024 at 8:46 pm	
Feeling outside of myself	October 5, 2024 at 12:47 pm	
Swelling of the head especially near the right ear and back of the head at the Base of the skull.	October 11, 2024 at 2:52 pm	

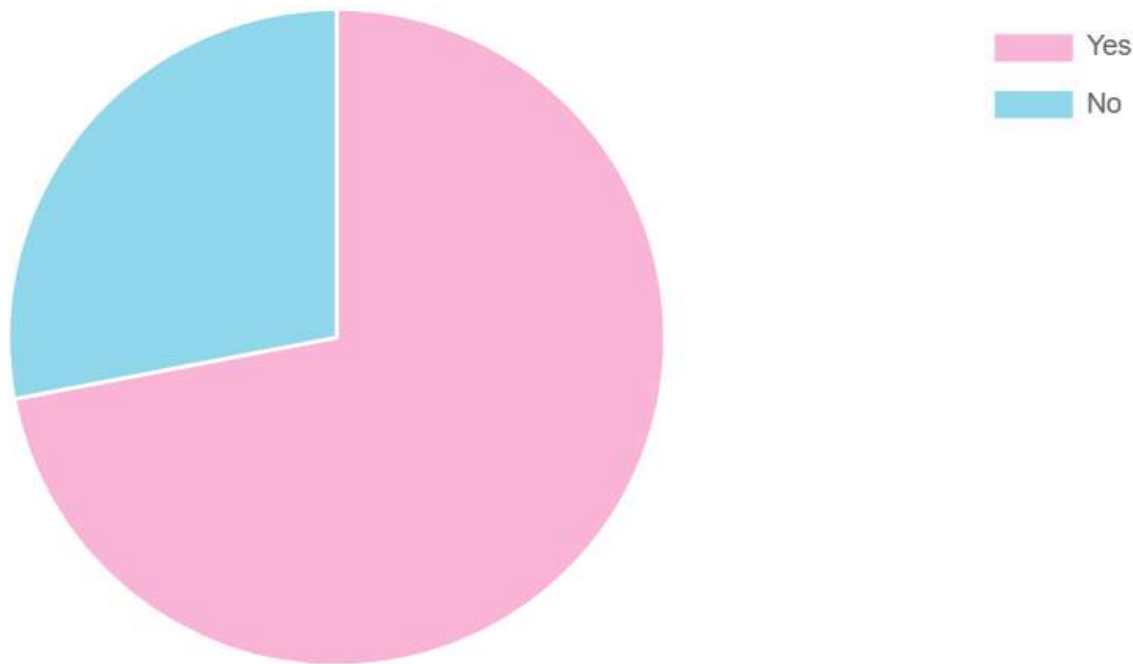
ANSWERS	DATE	
Irritability.	October 11, 2024 at 3:05 pm	
Cognitive dysfunction, memory impaired, facial pain, disassociation, mood swings, mild hallucinations	October 11, 2024 at 3:06 pm	
Hemiegua/ brainstem aura	October 11, 2024 at 4:14 pm	
Loss of Proprioception in relation to the environment around me, in particular eg.people moving around me mean I stand still because I can't work out what to do and/or if I close my eyes my brain thinks I am laying down still when I actually standing still	October 11, 2024 at 4:59 pm	
Abdominal pain, bloating	October 11, 2024 at 5:57 pm	
Brain fog	October 11, 2024 at 7:20 pm	
Hemiplegic migraines	October 11, 2024 at 7:53 pm	
Brian fog	October 11, 2024 at 8:04 pm	
The headaches are unusual, they are most of the time at the back of the skull; the sensation is of a raw brain pain, like a very strong inflammation, "soreness". This inflammation happens as well when I try very hard to focus through the mental fog.	October 11, 2024 at 8:11 pm	
Brain fog	October 12, 2024 at 8:59 am	
Toothache	October 12, 2024 at 10:19 am	
Increases digestives symptoms such as bloating and gas	October 12, 2024 at 12:31 pm	
pain mostly in temples and forehead	October 12, 2024 at 9:25 pm	
Heightened sense of smell	October 12, 2024 at 10:07 pm	
Cold nose hands and feet	October 13, 2024 at 4:52 pm	
Sensitivity to smell too	October 16, 2024 at 10:55 pm	
Unable to lie comfortably in bed-resting my head on a pillow etc.	October 17, 2024 at 2:11 pm	

133 Answered

736 Skipped

Question 8  MULTIPLE CHOICE

## Do you take medications for your headaches or migraines?



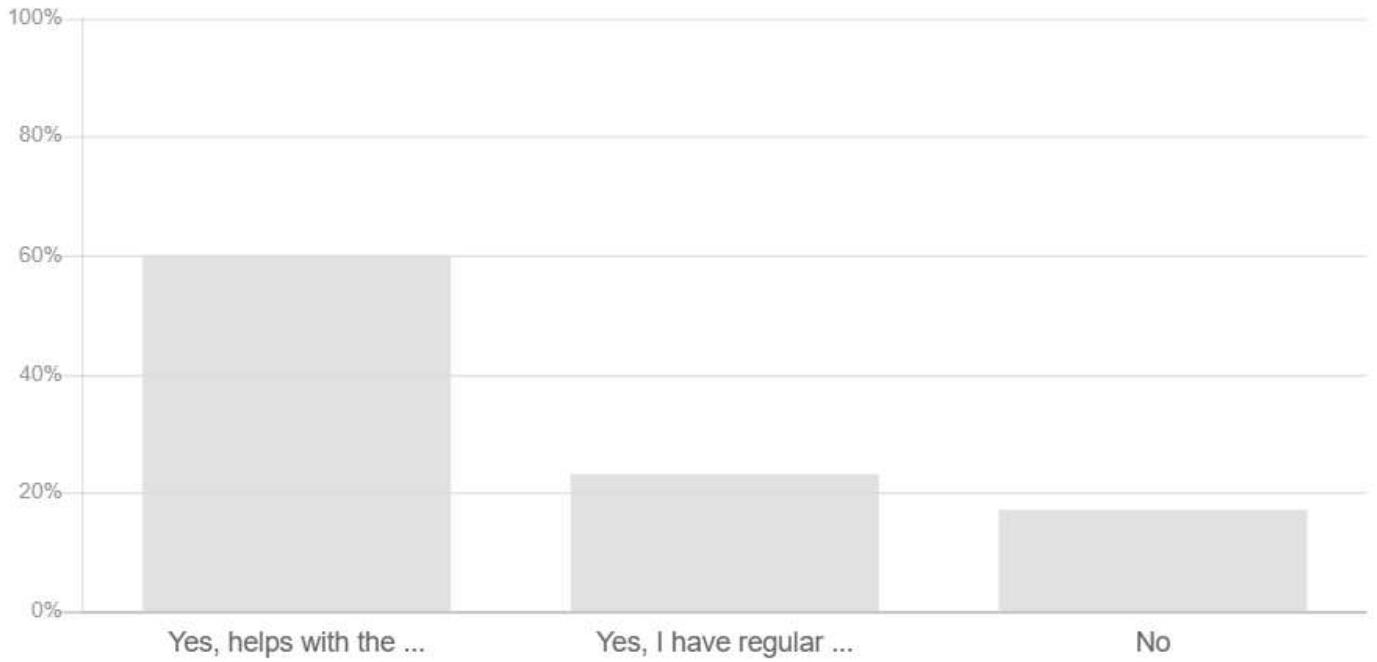
ANSWERS	RESPONSES	
No	28%	232
Yes	72%	607

839 Answered

30 Skipped

Question 9 ☰ MULTIPLE CHOICE

If yes, does the medication used help to improve the symptoms or do you take preventative medication?



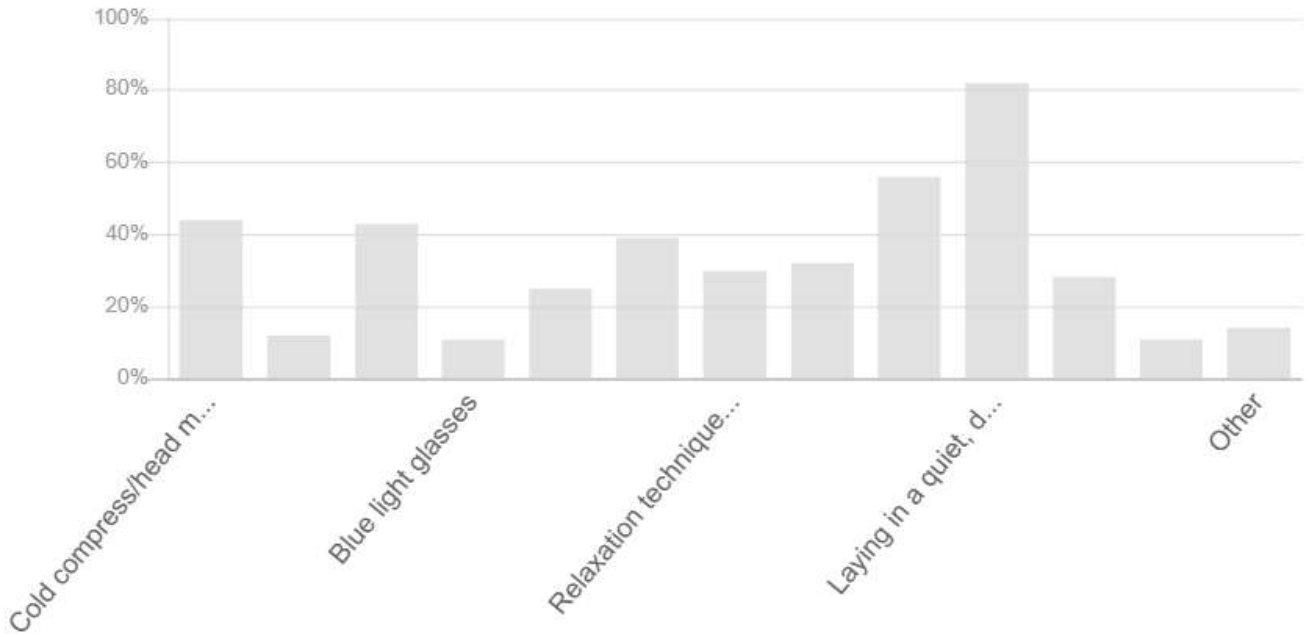
ANSWERS	RESPONSES	
Yes, helps with the symptoms of headache/migraine	60%	362
Yes, I have regular preventative medication	23%	138
No	17%	102

602 Answered

267 Skipped

Question 10  CHECKBOXES

What other practical steps help reduce the symptoms of a headache of migraine?





















ANSWERS	RESPONSES (%)	COUNT
Cold compress/head mask	44%	355
Change in diet	12%	101
Reducing stress	43%	350
Blue light glasses	11%	89
Use accessibility options to reduce light from screens	25%	203
Avoiding triggers	39%	316
Relaxation techniques	30%	246
Improving sleep	32%	256
Keeping hydrated	56%	452
Laying in a quiet, darkened room	82%	662
Avoiding stimulants (i.e caffeine, alcohol)	28%	227
Supplements	11%	88
Other	14%	112





















810 Answered




















59 Skipped
























Question 11  SINGLE LINE TEXT























## Other symptom management









ANSWERS	DATE	
Tie a bandana tightly around head	September 5, 2024 at 9:54 am	
Migravele pink if I can catch it early enough	September 5, 2024 at 10:18 am	
Caffeine helps stave it off in the early stages. Eating something used to help.	September 5, 2024 at 10:44 am	
Heat pad, scalp massage,	September 5, 2024 at 11:05 am	
Sleep	September 5, 2024 at 11:30 am	
No perfume near me	September 5, 2024 at 11:33 am	
Now after headache with shingles I have medicine overuse headache. Codeine two x 30 mg two consecutive days caused week of constipation despite 1.5-2mg vit c and three x fybogel daily. That plus two standard ibuprofen the day before gave ten to twelve days reflux chest pain, continuously there but fluctuating. Now healing and relaxation to cop with MOH but what can I use when migraine. Rizatriptan was a magic want over twenty years ago stopping a five to eight day migraine headache in one dose.	September 5, 2024 at 12:31 pm	
Daith piercing	September 5, 2024 at 12:32 pm	
Sticking to a routine e,	September 5, 2024 at 12:35 pm	
Dark sun glasses or an eye mask	September 5, 2024 at 12:41 pm	
Activity management/pacing.	September 5, 2024 at 12:47 pm	
regular massage if at a time tl can manage this	September 5, 2024 at 12:48 pm	
I usually get a very strong craving for chocolate before the onset. Ibuprofen and a cup of coffee reduce the severity	September 5, 2024 at 12:54 pm	
Pain relief ibuprofen or sinus relief meds	September 5, 2024 at 1:11 pm	
Hot water bottle	September 5, 2024 at 1:13 pm	
Being alone, reducing noise, being mindful of pacing and the impact of overdoing the easiest of tasks	September 5, 2024 at 1:14 pm	
doing nothing and sleeping. It's the swelling of the brain and spine and sleep is the only way of reducing it	September 5, 2024 at 1:15 pm	
In my case any method of management decreases my symptoms by a tiny amount only. I also have tried many many preventative meds and none are effective. Pacing and managing my fatigue levels and mental health helps manage my migraine	September 5, 2024 at 1:17 pm	

ANSWERS	DATE	
symptoms and also managing my periods by taking the combined contraceptive pill without a break (approved by a neurologist) is the most effective of my strategies at the moment. And I also use smell to help me relax/manage the pain, e.g. tiger balm, eucalyptus, olbas oil, perfumes etc.		
stopping pushing myself (my migraines are often a direct consequence thereof)	September 5, 2024 at 1:20 pm	
Nothing really helps at all so just need to go with it until it eases.I wear dark glasses when suffering.	September 5, 2024 at 1:25 pm	
Ear defenders, head compression	September 5, 2024 at 1:32 pm	
Sometimes a warm bath or shower helps when starting to recover from the migraine. Also, an eye mask to totally block out light. Gentle massage of face also sometimes helps.	September 5, 2024 at 1:33 pm	
Cgrp jabs. Have tried everything on the planet	September 5, 2024 at 2:57 pm	
Shower / washing hair / clothing to remove environmental pollutants which are main triggers	September 5, 2024 at 3:28 pm	
(when it starts) coffee, whiskey, raw chillies, nap	September 5, 2024 at 3:29 pm	
They occur as i am forced to do more than i have energy for & migraines cause me to stop everything & rest	September 5, 2024 at 4:02 pm	
I have Imigran / Sumatriptan 1ml nasal sprays so can stop a migraine happening if I catch it in time	September 5, 2024 at 4:04 pm	
Pacing	September 5, 2024 at 4:05 pm	
Gentle neck stretches	September 5, 2024 at 4:37 pm	
Perrin technique	September 5, 2024 at 4:56 pm	
Tiger balm	September 5, 2024 at 4:59 pm	
Heat to base skull/neck and caffeine help sometimes.	September 5, 2024 at 5:28 pm	
i use heated wheat bag to help neck stiffness. i use a shakti pillow to help neck stiffness.	September 5, 2024 at 6:32 pm	
Noise cancelling headphones	September 5, 2024 at 7:35 pm	
Face in hot water.	September 5, 2024 at 8:00 pm	
Massage/chiropractor	September 5, 2024 at 9:02 pm	
Pressure points on back of neck/head, regular osteopath visits, acupressure mat/pillow	September 5, 2024 at 9:33 pm	
Heat (like a rice sock on my head or neck) can also help sometimes	September 5, 2024 at 10:09 pm	

ANSWERS	DATE	
Take medication every morning before getting out of bed to reduce severity of the migraine.	September 6, 2024 at 12:18 am	
Massage	September 6, 2024 at 12:53 am	
Lymphatic drainage has significantly reduced the frequency of my migraines and this was reinforced during lockdown when I couldn't get it done... I returned to having migraines 3-4 days a week. After just one session of lymphatic drainage they reduced to 2-3 a month	September 6, 2024 at 1:47 am	
Tried medications, they did not work, the doctor referred me to physiotherapy instead of a neurologist	September 6, 2024 at 8:18 am	
I had a daith piercing done and that seems to help too.	September 6, 2024 at 9:21 am	
Peppermint essential oil, cancelling life for the day.	September 6, 2024 at 9:33 am	
Reduce physical activity	September 6, 2024 at 12:08 pm	
Sometimes a small amount of caffeine helps.	September 6, 2024 at 12:40 pm	
Heated head compress	September 6, 2024 at 1:26 pm	
Triggered largely by chemicals and perfumes so have had to remove all from my home. Always have to have screens with strong blue light filter, dark screen and very low brightness or they also get triggered with half an hour.	September 6, 2024 at 1:45 pm	
Lying on side without any pillow so that neck is stretched out on one side	September 6, 2024 at 2:03 pm	
I save caffeine for the worst days, about twice a week and have filter coffee with one aspirin and one paracetamol, and this nearly always stops migraine in its tracks.	September 6, 2024 at 2:17 pm	
High dose magnesium l threonate has been a game changer for me.	September 6, 2024 at 7:56 pm	
posture - part caused by screens looking down. nb can't always avoid stress triggers causing lack of sleep!	September 6, 2024 at 8:40 pm	
Sweet tea	September 6, 2024 at 9:50 pm	
Warm wheat bag on neck.	September 6, 2024 at 11:24 pm	
Essential oils of peppermint, rosemary, and lavender applied to the temples, forehead, and back of neck.	September 7, 2024 at 3:31 pm	
Painkillers. But nothing works can't find anything that makes them better or worse	September 7, 2024 at 6:08 pm	
My migraines are normally triggered by certain foods (including certain medicines) or environmental factors (strong perfumes/scents for example). This has been the case since I was a very young child. But I regularly have migraines for which we cannot identify the trigger, these have become worse and more frequent over time.	September 8, 2024 at 3:23 pm	

ANSWERS	DATE	
Minimising exertion, keeping cool, drinking cold water so it hits the back of my throat, wearing sunglasses	September 9, 2024 at 11:38 am	
Occipital nerve blocks.	September 9, 2024 at 9:55 pm	
Lying on back with hot water bottle on forehead and mask over eyes (heat works better for me than cold).	September 10, 2024 at 10:30 pm	
Caffeine, heat	September 10, 2024 at 11:22 pm	
Take paracetamol, but usually have to take 2 or 3 rounds. By then a decent night's sleep usually does the trick.	September 12, 2024 at 5:32 pm	
REST, keep heart rate under anerobic threshold, low food chemical diet as per the Royal Prince Alfred Hospital Elimination Diet.	September 16, 2024 at 8:33 am	
pacing, also preventative medication,	September 18, 2024 at 5:18 pm	
Osteopath	September 20, 2024 at 7:13 pm	
Sleeping through it, cancelling all plans and resting	September 23, 2024 at 2:17 pm	
Slowing down speed of movement, wearing a sleep mask at night as lights in bedroom seem to trigger them, forehead cream, aromatherapy, regular massage/acupressure mat	September 23, 2024 at 4:15 pm	
Heat pad on the back of neck	September 23, 2024 at 6:09 pm	
Voltarol Gel and heat pads for neck pain	September 23, 2024 at 7:18 pm	
Trying to pace myself more as whenever I try to push myself, I get a migraine.	September 23, 2024 at 10:07 pm	
Massage the scalp - note the scalp muscles move with every blink.	September 28, 2024 at 1:35 pm	
Triptan and Anti Nausea medication	September 28, 2024 at 1:53 pm	
"CEFALY" device; caffeine intake	September 28, 2024 at 2:33 pm	
Menthol cream	September 28, 2024 at 4:58 pm	
Sleep, crystallised ginger for nausea, Vicks inhaler stick	September 28, 2024 at 5:49 pm	
3 monthly infusions of Eptinezumab. Anadin Extra at onset. 2 kinds of anti sickness meds together: Cyclizine and Prochlorperazine.	September 28, 2024 at 7:55 pm	
Strong ibuprofen	September 28, 2024 at 8:01 pm	
Heat pack on forehead	September 28, 2024 at 8:03 pm	
TENS	September 28, 2024 at 10:06 pm	
Not skipping meals	September 28, 2024 at 11:11 pm	

ANSWERS	DATE	
Massage, physiotherapy, cannabis oil with THC	September 28, 2024 at 11:41 pm	
Warm wheatbag	September 29, 2024 at 12:08 am	
Maintaining a stable blood sugar level, using sunglasses, resting as much as possible, moving very carefully and slowly and avoiding certain movements.	September 29, 2024 at 12:58 am	
Bowen therapy. Reiki.	September 29, 2024 at 6:47 am	
Rest	September 29, 2024 at 9:42 am	
Alexander technique lesson	September 29, 2024 at 10:40 am	
My HR gets very low so I drink iron bru to raise it again.	September 29, 2024 at 11:05 am	
Sum	September 29, 2024 at 4:30 pm	
Nothing helps. I take diazepam and aspirin, which is practically negligible when it's bad. The diazepam is to bring down the extreme sensory intolerance	September 30, 2024 at 12:21 am	
Heat	September 30, 2024 at 7:13 am	
Limiting screen usage, doing activities that don't require thinking, going outside	September 30, 2024 at 4:32 pm	
Sunglasses/ eye mask. Take medication the second i feel they symptoms, if i leave any longer meds don't work	September 30, 2024 at 8:43 pm	
Avoiding PEM (migraines currently not under control, been referred to neurologist symptoms daily)	September 30, 2024 at 10:23 pm	
Lying down, resting,	September 30, 2024 at 10:59 pm	
Not sure where else to put this but... I find that I usually get them after a flare. Generally after the rest period. So: get through high pain/fatigue day   Rest   Then wake up with headache that feels like a bad hangover, regardless of precautions I've taken and how much I hydrate. This has been a consistent symptom cycle for me for 20 years.	October 11, 2024 at 2:56 pm	
Actually not much seems to help once I've got them, just have to wait. Have tried some medication but didn't help.	October 11, 2024 at 3:00 pm	
Distraction (listening to music, games, TV, etc)	October 11, 2024 at 3:06 pm	
Heat on head and back	October 11, 2024 at 3:23 pm	
Neuromodulation device.. cefaly	October 11, 2024 at 4:14 pm	
Banning leaf blowers	October 11, 2024 at 8:56 pm	
Using a physiotherapy pontet to my key pain points,	October 12, 2024 at 12:17 am	
Heat on back of neck	October 12, 2024 at 7:04 am	

ANSWERS	DATE	
Eating sugary items/carbs	October 12, 2024 at 8:46 am	
Oxigen	October 12, 2024 at 12:03 pm	
Turning lights down, sleep masks, noise cancelling headphones	October 12, 2024 at 12:31 pm	
Going to sleep for as long as possible	October 12, 2024 at 6:42 pm	
Often no obvious reason, e.g. even after full sleep& pain killers don't actually help	October 13, 2024 at 4:06 pm	
White tiger balm and heated pad to back of neck	October 13, 2024 at 7:06 pm	
Strictly limiting activity as they come on with PEM	October 18, 2024 at 2:43 am	
Botox	October 20, 2024 at 11:13 pm	

110 Answered

759 Skipped