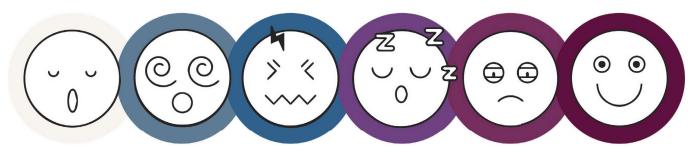
# Phases & Symptoms of Migraine





# FIRST PHASE PREMONITORY

The warning symptoms that a migraine attack has started

# SECOND PHASE **AURA**

One third of people with migraine experience aura

## THIRD PHASE **ACUTE**

Also called headache phase Not everyone with migraine experiences headache

# FOURTH PHASE RESOLUTION

Most migraine attacks fade, but some stop suddenly

## FIFTH PHASE POSTDROME

Also known as the "migraine hangover"

# INTERICTAL

The phase between migraine attacks

- Mood changes
- Food cravings
- Yawning
- Brain fog
- Disturbed sleep
- Frequent urination
- Nausea
- Aches and stiffness
- Speech difficulties
- · Language problems

- Visual disturbances
- Tingling
- Numbness
- Weakness
- Confusion
- · Difficulty speaking
- Dizziness Vomiting
- · Abdominal pain
- Headache
- Nausea/vomiting
- Giddiness
- Insomnia
- Nasal congestion
- Mood changes
- · Sensitivity to light, sound and smell
- Neck pain

- Sudden end to acute Fatique
- phase symptoms
- Urgent need to sleep Euphoric mood
- Fatigue
- Euphoria or suddenly Lack of feeling good
- Depressed mood
- · Brain fog
  - comprehension
- · No attack symptoms!

The combination of symptoms you experience will be unique to you.

## First Phase - Premonitory

The premonitory phase occurs a few hours and up to several days before the rest of a migraine attack, and can act like a warning that an attack has begun.

#### Second Phase - Aura

Approximately a third of patients will experience a migraine aura after the premonitory phase. The aura phase lasts 5-60 minutes. The aura can occur before, during or after the headache. Sometimes an aura can occur without a headache.

#### Third Phase - Acute (also called headache phase)

The headache in migraine is usually one-sided (can be both sides), and is often described as a moderate or severe throbbing pain, which is worsened if you keep trying to continue your day. Most people will often experience nausea, and or sensitivity to light, sound and smell during the headache phase, but these symptoms can actually last the entire length of a migraine attack.

#### Fourth Phase - Resolution

Some people also experience a distinctive recovery phase between the attack and postdrome.

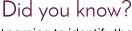
#### Fifth Phase - Postdrome

Following the headache phase, you may experience a 'migraine hangover', called the postdrome.

#### Sixth Phase - Interictal

Between migraine attacks, called the interictal phase, there are no migraine attack symptoms. However, some people have some non-attack migraine symptoms. These may be very subtle or even good things, such as speaking faster than other people, or having a heightened sense of smell.

If you have chronic migraine, attacks can occur closer and closer together. It can be hard to identify different phases since symptoms and attacks overlap on top of each other.



Learning to identify the different symptoms you experience in each phase of a migraine attack can be helpful in managing your migraine. Identifying your premonitory symptoms is particularly important as it can help you start your migraine treatment sooner.



This fact sheet was clinically reviewed by Dr Lakshini Gunasekera (BBMed, MD, FRACP)