WWW.MIGRAINE MEANDERINGS.COM

Women, Your Health Matters!

Is it Migraine, Perimenopause or **BOTH**?

MIGRAINE

Neck pain
Sensitivity to
light/smell/sound
Speech/language
problems
Dizziness/Vertigo

BOTH

Head pain
Fatigue
Sleep disturbances
Mood changes
(anxiety, depression,
irritability)
Memory issues
Brain fog
Digestive problems
Sexual dysfunction
Temperature regulation
issues

PERIMENOPAUSE

Hot flashes
Irregular menstrual cycle
Weight gain
Urinary symptoms
Bone loss
Dry skin/nails/eyes

You don't have to settle for living with debilitating symptoms!

A proactive, personalized approach to care is key to preventing migraine progression and reducing its disruptive effects on women's quality of life.

ASK YOUR DOCTOR THE FOLLOWING QUESTIONS:

How do I know if perimenopause is impacting my migraine?	Could treating my mood improve my migraine?
How can we use my symptoms to guide my treatment?	Which lifestyle changes (e.g. sleep, nutrition, exercise) could help?
Can layering treatment options help (e.g. migraine meds, devices + HRT)?	Which supplements I can take to ease my overlapping symptoms?