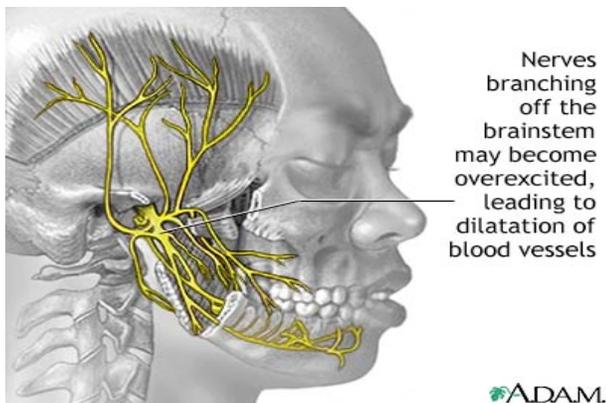


New Methods for Treating Migraines

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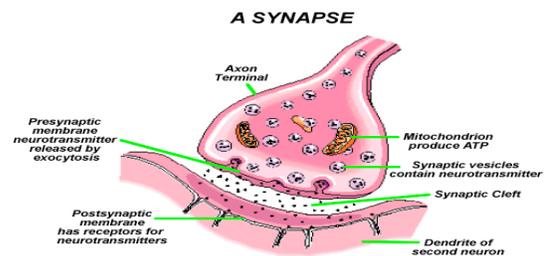
A migraine is a neurological condition that is accompanied by a variety of symptoms including: severe headache, nausea, and an array of altered body perceptions. They are sometimes preceded by an aura, visual hallucinatory signs of a migraine. Migraines affect nearly 36 million Americans every year, and a majority of whom are women. Migraines can be so severe that they limit a person's ability to work and perform daily tasks. Currently, there is no solid evidence of what causes a migraine, because of this it is hard for doctors researching the subject to come up with a simple fix to cure or treat the disease. This has left migraine sufferers seeking help from various wive tale remedies, spiritual remedies, or a concoction of drugs to at least fight the symptoms.



Although doctors are not sure what the exact cause for a migraine is, there are a few theories. The oldest theory is that migraines are caused by the inappropriate contraction and dilation of blood vessels in the brain. The contractions would limit blood to certain areas of the brain, causing such symptoms as the aura. The dilation is the cause of the pulsating feeling associated with migraines. This theory has been put to second thought, to a new theory which suggests migraines are the consequence of mismanaged serotonin receptors.

As mentioned previously, there is no solid cure to eliminate a migraine, but rather curb the symptoms. Research has thus been done on helping

reduce the pain associated with migraines. One example of this research has been compression of the scalp arteries in curbing pain. A study done at the Azienda Ospedaliero-Universitaria in Italy was conducted to show that simple devices aimed at compressing these arteries of the scalp can actually reduce pain.



The study took thirty patients diagnosed with chronic migraines and were asked to use a device that applied pressure on the arteries of the scalp, during the onset of a migraine. The results showed that there was a positive correlation between scalp arterial pressure, and lowering the pain from the migraine.

Eight of the subjects dropped the study, due to discomfort from the device. The remaining reported mostly positive reviews, with 15 out of the 22 saying that it reduced their pain significantly in the first month, and even more in the second month of the trial. Their ingestion of pain killers dropped from about 7 tablets to 4 in the second month of the trial. Three reported negative reviews, and four were unsure if it helped.

In conclusion the study showed that applying pressure to the blood vessels of the scalp is an effective method of treating chronic migraine pain.

Sources:

[Med Sci Monit.](#) 2009 Apr;15(4):CR185-8. [Cianchetti C.](#) [Cianchetti ME.](#) [Pisano T.](#) [Hmaidan Y.](#)

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<http://www.migraines.org/about/aboumiss.htm>