

[IMAGE]

## Lose the Weight, Lose the Migraines

By Editorial Staff

Migraine headaches and obesity - not a pleasant combination, from both a health and daily living perspective. Both conditions can be debilitating, limiting sufferers' ability to function and enjoy the activities that, to put it bluntly, make life worth living.

But what if addressing one condition could address the other at the same time? Such appears to be the case, according to research. In an analysis of 10 studies involving nearly 500 total patients, weight loss was associated with significant reductions in headache frequency (number of days per month), duration, pain intensity and disability. Original weight (severity of obesity) and weight loss achieved during the study period did not appear to impact the results. In other words, lose weight, lose migraines!

weight loss - Copyright â Stock Photo / Register Mark The American Migraine Foundation emphasizes the connection between weight and migraines on its website: "The risk of migraine increases with increasing obesity status – from normal weight to overweight to obese. In addition, obesity increases the risk of someone with an episodic pattern of headaches transforming to a chronic pattern." With that said and in light of the above research, ensuring your weight is in the healthy range should be your #1 health priority if you're experiencing migraines. Plus, you'll enjoy the myriad other benefits sustained weight loss can facilitate in terms of reduced disease risk. And in the era of COVID-19, don't forget that obesity is recognized as a key risk factor for complications. If you need help with weight loss, migraines or both, talk to your doctor for more information.

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