

[IMAGE]

The High Price of Migraines

If you've ever experienced a migraine headache, you know how debilitating they can be. Migraines are generally characterized by extreme pain and pressure, usually over one eye or concentrated on one side of the head, and sometimes accompanied by nausea and sensitivity to light. An episode can last anywhere from a few hours to a few days, and render a person incapable of performing even the most simple daily tasks.

Still, the price one pays for having a migraine is not always limited to physical pain; according to a recent study, fiscal pain can be an unfortunate consequence, since these headaches often result in multiple trips to the doctor and missed days of work or school.

Researchers from the University of North Carolina School of Public Health studied the health care costs of families and employers of migraine sufferers. The study found that the health care costs of families with migraine sufferers was 70 percent higher than that of other families, and 90 percent higher if both a parent and child experienced migraine. Almost 60 percent of all families had more than three migraine sufferers, while families with migraine patients spent an average of 5 percent more on pharmaceuticals than those families without migraine sufferers.

So, how can migraine patients combat the rising cost of health care, as well as find relief for the pain?

For one, the authors suggest taking more preventative approaches to care, including decreasing stress and caffeine intake, getting plenty of rest, and exercising regularly. And don't forget, routine chiropractic care can help prevent the onset of migraine, as well relieve migraine pain.

Reference:

Stang PE, Crown WH, Bizier R, et al. The family impact and costs of migraine. *American Journal of Managed Care* May 2004:313-320.

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