



MIGRAINE ASSOCIATION OF IRELAND

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INFORMATION PUBLICATIONS AVAILABLE FROM THE MIGRAINE ASSOCIATION OF IRELAND

To access the information & publications listed here, phone our **Call Save**

Helpline number – 1850 200 378 or email info@migraine.ie

1. PUBLICATIONS

NEWSLETTER (Brainstorm) – MEMBERS ONLY

Brainstorm contains information on treatments (conventional & complementary), as well as updates on our activities and those of other groups working to alleviate the burden of headache worldwide. It informs members of our upcoming events such as Information Seminars or Self-Help Groups, and provides tips on managing migraine.

E-ZINE (Migrazine) – MEMBERS ONLY

An electronic newsletter with the latest news and events from the Migraine World, at home & worldwide.

2. INFORMATION LEAFLETS/ BOOKLETS:

LIVING WITH MIGRAINE

An explanation of the numerous services provided by the Migraine Association of Ireland

MANAGING MIGRAINE

A compilation of 10 easy steps to help sufferers manage their migraine

GETTING ON WITH YOUR LIFE

Advice on managing migraine in relation to social life, important engagements and stressful situations

YOUR TOUGHEST JOB

Tips on limiting the negative impact of your migraine in the workplace

PAIN RELIEF PRODUCTS

A guide to non-pharmacological treatment options

MIGRAINE AND WOMEN

A guide to the causes, triggers, treatment and management of migraine for women

MIGRAINE TRIGGER FACTORS

Information on the most triggers and how to identify your own

MIGRAINE

Essential guide to migraine and other headaches

WHAT KIND OF HEADACHE?

Information on various headache disorders – often confused with migraine

A COMPLEMENTARY GUIDE TO MIGRAINE MANAGEMENT

A guide to commonly practised alternative therapies that are said to help treat migraine

GUIDE TO MIGRAINE MEDICATIONS

A comprehensive guide to the medications used to treat migraine - covering painkillers and anti-nausea drugs (available over the counter or on prescription) and migraine-specific prescription drugs (both preventative and acute).

MEDICATION OVERUSE HEADACHE – WHEN THE CURE BECOMES THE CAUSE

Everything you need to know about an under-reported type of headache, caused by the overuse of medication

SCHOOLS PACK (Migraine and Teenagers)

The essential guide for students, parents and teachers

MIGRAINE DIARY

A tool to help establish patterns and triggers in migraine attacks

MIGRAINE OUTREACH SERVICES

A guide for employers and employees on the effect of migraine in the workplace

3. INFORMATION SHEETS - There is a separate information sheet available on each topic listed below:

A. DIFFERENT TYPES OF MIGRAINE & HEADACHE

Abdominal Migraine

Analgesic Rebound Headache

Aura without headache

Basilar Artery Migraine

