

# Patient information from BMJ

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## Migraines: questions to ask your doctor

**If you have been diagnosed with migraines, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- Is there anything I can do to stop having these headaches?
- My symptoms scare me. How do I know I'm not having a more serious problem, such as a stroke?
- What can I do to stop a migraine once it starts? Are there treatments I can take when I know a migraine is starting but before the pain gets bad?
- Is it alright to keep taking pain relievers if my pain is bad most days?
- Do I need tests to make sure there is not something else wrong with me?
- What are the most common things that trigger migraines?
- What's the best treatment for me? Are there any treatments that I can use to prevent migraines?
- What are the side effects of treatment?
- Will these treatments affect the other medications I take?
- Is there anything I can do to help myself?
- Are there any treatments that are safe for pregnant women?

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