



## Migraine – what is it?

For people who don't suffer from migraines, the simple answer may be a bad headache, but for those who experience migraines the answer is more complex.

Migraine refers to a complex condition with a wide variety of symptoms, including painful headache; disturbed vision; sensitivity to light, movement, sounds, or smells; feeling nauseated, and vomiting. The symptoms may vary from person to person and may vary between migraines. They can last from 4-72 hours, and can have a major impact on your work, family, and social life.

The most common types of migraines fall into two categories:

**Migraine without aura: 70-90% of people with migraines experience this type**

**Migraine with aura: 10-30% of people with migraine experience this type**

### Migraine without aura

People who experience these migraines may have an intense headache, usually on one side of the head with a throbbing or pulsing pain. The severity is enough to affect normal daily life and may worsen with walking or mild exercise. Nausea, vomiting or diarrhoea symptoms are also common for sufferers, as well as sensitivity to light (photophobia) and/or sound (phonophobia).

### Migraine with aura

People who experience 'migraine with aura' will have many or all of the same symptoms above, along with additional neurological symptoms which develop over a 5- to 20-minute period and last less than an hour. These may include blind spots, coloured spots, temporary blindness, pins and needles in arms and legs, dizziness, or vertigo. These neurological symptoms usually happen before a headache, which could be mild, or no headache may follow.

### Causes

Predicting migraines is difficult, however if you suffer migraines regularly it may be worth keeping a diary to see if anything triggers them. Common triggers include sleep disturbances; routine changes to sleep, diet and exercise; increased stress and anxiety; excessive caffeine consumption; environmental factors such as weather, altitude, humidity, noise, and light; excessive use of screens/computers; or physical injury or muscle tension. If you can identify potential triggers, you may be able to reduce the likelihood of migraine attacks.



There is no cure for migraine, however there are treatment options available to help reduce or prevent the symptoms from developing. Medications, supplements, herbal remedies and nerve stimulation are among potential treatments which may assist. You can also try some "home remedies" that may reduce the severity of symptoms when a migraine hits, such as dimming the lights and laying down; using a cold pack on your forehead; avoiding crunchy or sticky foods; or drinking tea with a small amount of caffeine in it. Some (smaller) studies have shown positive results from these home remedies, however if your symptoms are interfering with your life, consult your GP to get medical advice.

### Did you know

The Migraine Research Foundation states migraine affects 1 in 7 adults globally, with the vast majority of sufferers women. Many experts believe this is because of women's fluctuating hormones.

# Febfast

Febfast is a challenge to call “time-out” on sugar, alcohol, or any other vice of your choice for the month of February – all to support disadvantaged young people aged 12 to 25 across Australia. Following the busy and indulgent festive season, it is a perfect way to kick-start 2020.

Past Febfasters have reporting the following benefits:

- ▶ Feeling healthier
- ▶ Improved sleep
- ▶ Improved productivity
- ▶ Saving money
- ▶ Increased energy
- ▶ Improved concentration

Visit [febfast.org.au](http://febfast.org.au) to sign up and start your journey.



## Portuguese-style chicken with rice & green bean salad

Healthy, fresh and tasty Portuguese chicken in no time.

Serves 4

Cook time 25 mins

### Ingredients – Serves two

- ▶ 4 chicken breast fillets
- ▶ 2 garlic cloves, crushed
- ▶ 1 tablespoon extra-virgin olive oil
- ▶ 2 tablespoons fresh lemon juice
- ▶ 1 tablespoon finely grated lemon rind
- ▶ 1 teaspoon finely grated fresh ginger
- ▶ 1/2 teaspoon dried chilli flakes
- ▶ 1 cup white long-grain rice
- ▶ 200g green round beans, trimmed, cut into 3cm pieces
- ▶ 1 cup frozen peas, thawed
- ▶ 2 roma tomatoes, seeded, coarsely chopped
- ▶ 4 shallots, trimmed, thinly sliced

### Method

- ▶ Use a sharp knife to cut 3-4 slashes diagonally in the top of each chicken fillet. Combine the garlic, oil, lemon juice, lemon rind, ginger, and chilli flakes in a shallow glass or ceramic dish. Add the chicken and toss to coat. Place in a covered container and set aside for 10 minutes to marinate.
- ▶ Meanwhile, cook the rice following packet directions. Cook the beans and peas in a saucepan of boiling water for 2 minutes or until tender. Drain. Transfer to a large bowl. Add the rice, tomato, shallot, extra lemon juice and extra oil. Toss to combine. Season with salt and pepper.
- ▶ Preheat a barbecue grill or chargrill on high. Cook chicken for 4 minutes each side or until lightly charred and cooked through. Serve with rice salad.



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