

MIGRAINE



Nicky RODRIGUEZ

A short little diddy about
migraine told in Q&A format

artofnickyrodriguez.com
@artofnickyrodriguez
on IG, Tik Tok, Patreon,
and Ko-Fi

How long have you had migraine?

Since November 2020. I strained my back, got a pretty intense neck spasm, some wild tension headaches, and then I was told that I was also experiencing migraine. A slew of other diagnoses followed, but that was really the start of it all.



When your migraine started, did you know what was happening?

Not at all! Even though I knew I was having headaches, I actually asked my doctor at the time about getting checked for vertigo. I had vertigo in 2019 and this felt the same, but when I came in they told me I was having migraine on top of tension headaches.



How do you know the difference between a headache and migraine?

Migraine varies from person to person and there are different migraine types. It was actually very hard for me to discern what was migraine and what was a headache because I didn't know migraine doesn't always include head pain. I was diagnosed around the same time with occipital neuralgia, another neurological condition, that results in incredibly painful headaches. For a good while, and even now, I tend to experience both at the same time.

How I know the difference is: migraine doesn't give me headache (unless it's especially bad), migraine ALWAYS gives me nausea, I have vestibular symptoms (disequilibrium), fatigue, and am very sensitive to sound.



How do you alleviate migraine?

Oof, well I try to alleviate it. I usually ice the back of my head, take my antinausea (currently promethazine) and my abortive med (currently naratriptan) and then try to lie down and nap. Both antinauseas and every triptan I've tried for migraine treatment make me drowsy, so I'm usually out for 1-5 hours. Afterward, I'm usually migraine-free, but dealing with brain fog.



What do you do when in a migraine attack?



Migraña or Jaqueca? Do you use
one or both words to talk about
it in Spanish?

Migraña! I've actually never heard the word
Jaqueca before now.

