

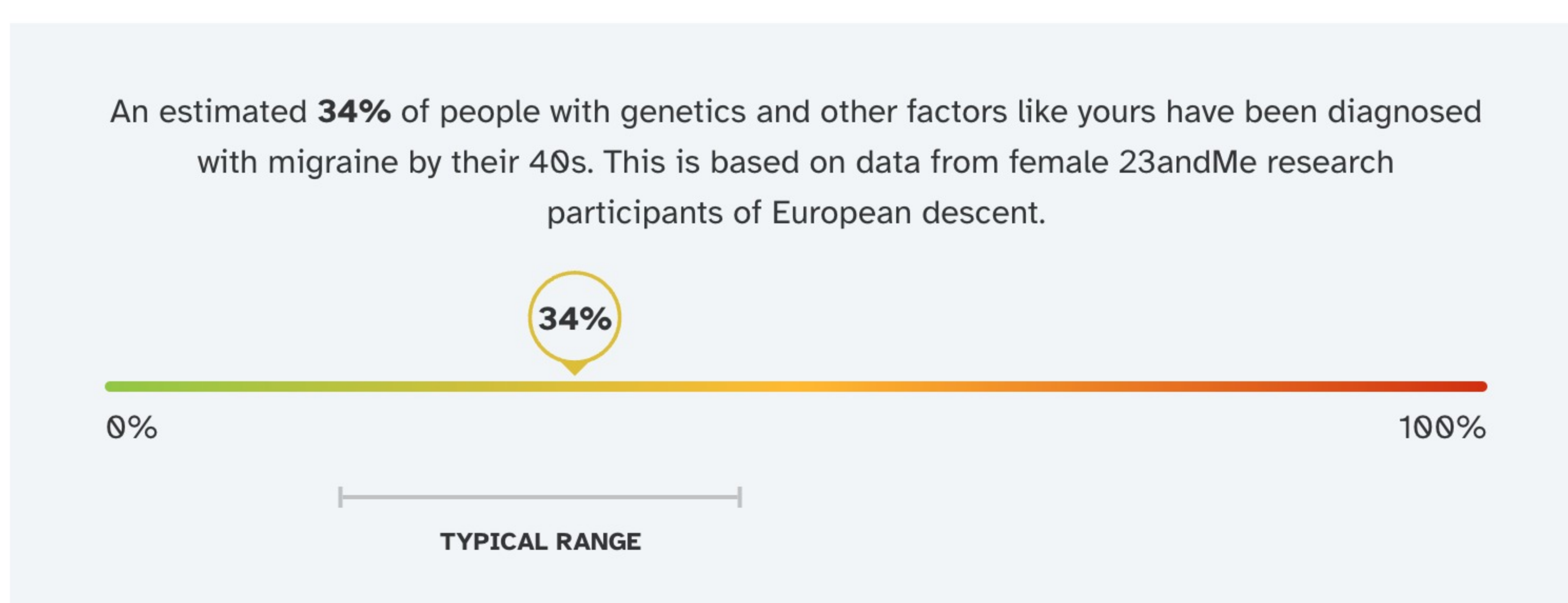
Migraine

POWERED BY 23ANDME RESEARCH

Migraine is a condition that causes moderate to severe headaches. Symptoms can also include nausea, vomiting, and extreme sensitivity to light and sound.



Jamie, your genetic result is associated with a **typical likelihood** of experiencing migraine headaches.



This estimate is based on currently available data and may be updated over time.

Ways to take action

For people who experience migraine headaches, experts agree that healthy lifestyle habits can help reduce the frequency and severity of migraine attacks.

- Maintain a regular sleeping and eating routine
- Drink plenty of water
- Manage stress
- Exercise regularly



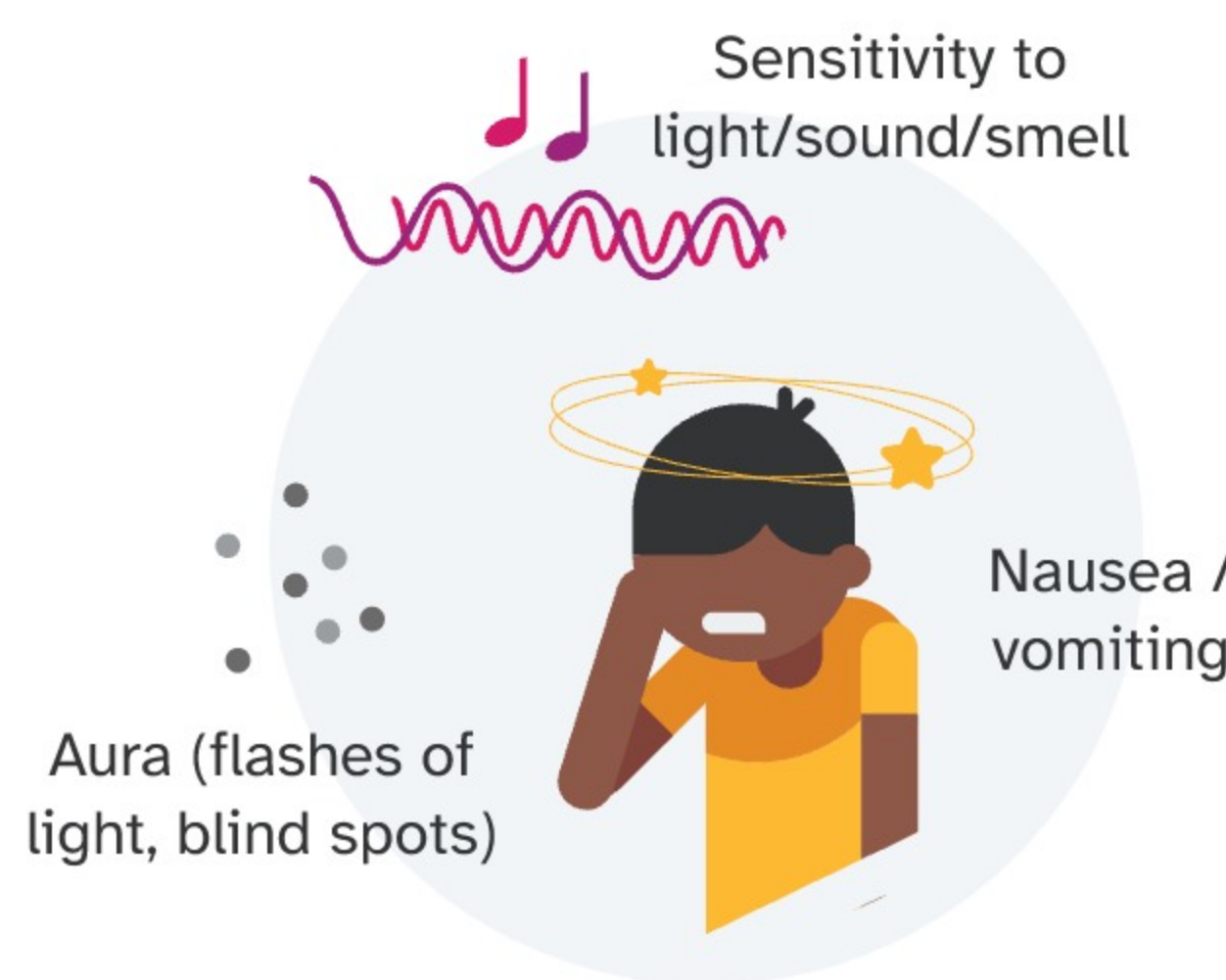
If you consume caffeine, be aware of how it may affect you. Some people who experience migraine headaches benefit from limiting caffeine while others find relief from caffeine during a migraine attack.

[Learn more from the American Migraine Foundation](#)

About migraine

What is migraine?

Migraine is a neurological condition that causes moderate to severe headaches, usually affecting just one side of the head. Some people with migraine experience aura, a variety of sensory disturbances that can occur before or during a migraine headache. These disturbances are often visual and can include flashes of lights and temporary blind spots. Other symptoms can include nausea, vomiting, and extreme sensitivity to light, sound, and smell.



A migraine attack can last a couple of hours to a few days, if left untreated. If you experience migraine headaches, a healthcare professional can help you develop a treatment and prevention plan that works best for you.

What are migraine triggers?

For people who experience migraine headaches, certain factors (called triggers) can increase the chances of an attack. Common triggers include:

- Changes to a regular sleeping or eating routine (including too much or too little sleep or skipping a meal)
- Stress (including the period shortly after high levels of stress)
- Dehydration
- Certain odors
- Certain foods and drinks (including alcohol and inconsistent amounts of daily caffeine)
- Changes in the weather

Some common triggers include:

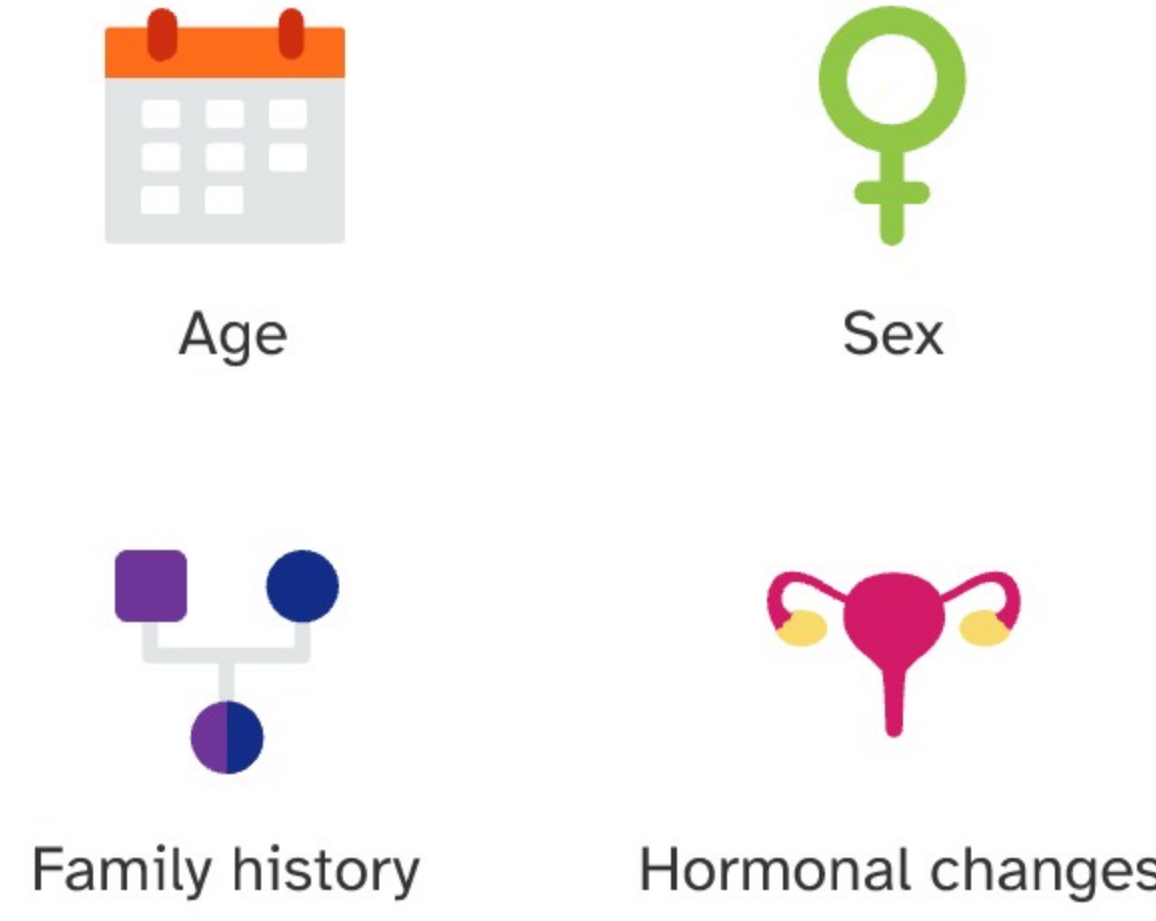
- Changes to sleep or eating routine
- Stress
- Dehydration
- Certain odors
- Certain foods and drinks
- Changes in the weather

Triggers can vary from person to person. Exposure to a particular trigger may not always initiate a migraine headache for someone, even if it has triggered one in the past. In fact, the combination of two or more triggers is often necessary to initiate a migraine headache. To help identify personal triggers and become aware of any patterns, experts recommend keeping a migraine diary. However, not everyone with migraine has clear triggers for their migraine headaches.

Other factors that can impact your chances of developing migraine

It is estimated that about 47 million Americans have migraine. Besides genetics, some factors that can increase a person's chances of developing migraine include:

- **Age:** This condition often begins during adolescence. The most frequent and severe migraine headaches typically occur during a person's 30s, and they tend to become less severe and less frequent with age.
- **Sex:** More females than males have migraine, and hormonal changes during menstruation can be a trigger for some females.
- Family history of migraine or severe headaches



Keep in mind

This report **does not diagnose** migraine. **Consult with a healthcare professional** if you are concerned about your likelihood of experiencing migraine headaches, have a personal or family history of migraine, or before making any major lifestyle changes.



If you have already been diagnosed with migraine by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of experiencing migraine headaches also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing migraine.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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- Advanced DNA Comparison