



## Migraine: A huge headache (Colección Salud)

*Eduardo Bonnin, Adolofo Leya*

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This headache can be described with a single word: unbearable. Do you imagine living daily with migraine? 11% of the world population lives with this diagnosis, however, 40% of adults have experienced it at some point. Migraine is a world health issue. According to the WHO (World Health Organization) this is one of the most disabling afflictions. It's important to know the alarm signs because migraine is not a simple headache. It's very painful. Can I prevent it? The physician is the only person that can conclude that you in fact suffer from this. Some aspects of your diet, as well as your lifestyle, may be risk factors. That's why it's important to identify what may affect you.



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