

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**What You Should Know Before Taking Imitrex**

**By Heather Colman**

Imitrex (sumatriptan succinate) is a powerful drug usually prescribed for the treatment of classic migraine headaches or cluster headaches. It is structurally similar to serotonin (a neurotransmitter in the brain) and relieves migraines by causing constriction of the arteries leading to the brain. Imitrex is designed to be taken as needed during acute ongoing attacks, and should be started as soon as the symptoms of a headache begin. It is not prescribed on a fixed dosage schedule and has no benefit in preventing migraines or reducing the number of attacks.

Imitrex generally comes in three different forms: tablets, injections, or a nasal spray. The tablet form is the one most commonly prescribed, but the injections possess a faster onset of action. The tablets come in 25, 50, or 100mg pills and may be taken as needed every 2 hours. However, to avoid the risk of overdose, never exceed the maximum daily dosage of 200mg. Tablets should be swallowed whole with a full glass of water. Although the tablets have the advantage of ease of use, they are thought to be less effective because many of the components are metabolized before they reach the target arteries.

Imitrex is a drug with many potential, and sometimes serious, side effects. The most common of these may include a burning sensation, numbness and tingling, a feeling of pressure or tightness, dizziness and drowsiness, sweating, palpitations, shortness of breath, and flushing. Other less common side effects are thirst, agitation, severe chest pain, seizures, sudden weakness, hearing loss, muscle cramps, vision changes and extreme swings in blood pressure.

All users of Imitrex should also be aware of the potential manifestations of an allergic reaction, such as difficulty breathing or swelling of the face and throat. If any of these occur, seek medical attention immediately. Overdose is another possibility if there are any signs of paralysis, tremor, convulsions, lack of coordination, excessive salivation, flushed or bluish extremities, and abnormal breathing patterns.

Imitrex can be a very dangerous drug if taken by someone with heart disease, high blood pressure, poor circulation, high cholesterol, diabetes, or previous history of strokes. The physician should be notified of any other serious health problems and also of any medications being taken.

## What You Should Know Before Taking Imitrex

Imitrex will interact with many over-the-counter drugs and several commonly prescribed antidepressants. It is not recommended for anyone under the age of 18 or over the age of 65. Women who are pregnant or nursing should not take this medication because of the danger of harming the child.

Imitrex is only used for common migraines and not for the rarer hemiplegic or basilar migraines. It is available only by prescription and should be taken exactly as ordered. Dosage rates are individualized for each patient and will vary with body weight and health. Cost per 50mg tablet is about \$7.50 in the US. Imitrex is stored at room temperature and should not be exposed to moisture, heat, or light.

Although Imitrex is usually a very effective form a relief from migraine headaches, it has its drawbacks. Obviously this drug is not for everyone, but the majority of people who suffer from migraine headaches can benefit from it. Best of all, most Imitrex users report a favorable experience.

Disclaimer: This information presented should not be interpreted as or substituted for medical advice. If you or someone you know suffers from migraine headaches, consult a qualified professional for the most suitable treatment options available.

Copyright © 2006, Heather Colman. Find more Imitrex resources at:

<http://www.imitrex-station.info>

and

<http://www.ebookpalace.com>

### **Migraines And Women**

#### **By James Mahony**

Migraines occur far more frequently in women than in men. In fact, in adult women the rate of frequency is roughly fifteen to seventeen percent, whereas in men it is only about five percent.

Studies have concluded that estrogen withdrawal is a key factor in migraines related to menstrual cycles.

Twenty-five to thirty percent of all women in their 30s experience at least an occasional migraine.

Menstrual migraines generally last longer than non-menstrual migraines and often are much more difficult to treat effectively.

Sixty to seventy percent of women who suffer from migraines have menstrual-related migraine.

Ten to fourteen percent of women with migraines have them only during menstruation. These types of

## What You Should Know Before Taking Imitrex

headaches are known as 'true menstrual migraine'.

Premenstrual migraine may in fact be part premenstrual syndrome (PMS), the menstrual related mood disorder. Symptoms of PMS include fatigue, irritability or depression, bloating and, yes, headache.

Two-thirds of women who suffered from pre-menopausal migraines find their condition improve with physiologic menopause. On the other hand, it has been found that surgical menopause worsens migraine conditions in two-thirds of cases.

Migraine attacks usually disappear during pregnancy. At the same time, however, some women report an initial onset of migraines during the first trimester of pregnancy, with the disappearance of their headaches after the third month of pregnancy.

Treatment options for menstrual migraine

Sidenote: Hope you're finding this useful? I have always been curious about this matter. And when I found very little quality information about it, I decided to share a part of what I've learned about it – which is why this article came to be written. Read on.

When choosing to treat menstrual migraines with medication, the drugs used most often are non-steroidal anti-inflammatory medications (NSAIDs). The NSAIDs of choice in treating menstrual migraines are:

ketoprofen (Orudis) ibuprofen (Advil and Motrin) fenoprofen calcium (Nalfon) naproxen (Naprosyn) nabumetone (Relafen)

For best results when using NSAIDs to treat migraines, usage should be started two to three days before menstrual flow actually begins and the therapy should be continued throughout the period. Gastrointestinal side effects are generally not serious enough to be considered because the therapy takes place over such a short period, no pun intended.

For patients who suffer from more severe menstrual migraines or who desire to continue taking oral contraceptives, doctors also recommend taking a NSAID. This therapy should begin 19th day of your cycle and continue through the second day of the next cycle.

Some women have found antinausea medicine and pain relievers like aspirin, ibuprofen or acetaminophen sufficient enough to dull the pain. Others trust in analgesics or serotonin agonists such as Imitrex, Zomig, Amerge or Maxalt. When using medications, it is extremely important to be aware of the dangers of avoiding a repetitive pattern of medication or overuse of medication as this can cause rebound headaches.

You might also consider using an estrogen skin patch. This treatment is utilized in the days leading up to your period and may either delay or actually prevent the onset of a menstrual migraine.

Some studies have found that daily doses of magnesium may help menstrual migraines in certain

## What You Should Know Before Taking Imitrex

women. In addition, vitamin and herbal treatments have been found to be effective. The herb feverfew or vitamin B2 when taken on a daily basis may reduce

Either the severity or the frequency of headaches, though research does not point to menstrual migraines in particular.

Even though two-thirds of women do report improvement in their migraine condition with the onset of natural menopause, two-thirds of women report a worsening with surgical, therefore neither a hysterectomy nor an ovarian removal are recommended.

As always, you should consult your physician for a proper diagnosis before discontinuing or launching on kind of new treatment, including over-the-counter medication treatments.

Every person has a unique health profile that includes aspects specific to their physiology and family history and that may preclude them from taking certain medications.

Some final tips

There enough different migraine triggers to fill a book and keeping track of them can be a full time job. It is highly recommended that you keep a trigger diary that includes a record of foods you eat, weather conditions, medications you have taken, stressful events, menstrual activity, etc.

Also of benefit is developing a plan around your period. Reduce stress as much as possible by planning work and leisure commitments around your cycle so as to cut back on menstrual-related triggers as much as possible.

I hope you've found this information helpful and gained something of value from the article.

In case there is any specific portion that is not clear enough, or that you'd like to know more about, please write to let me know and I'll try and update the article or write another one getting into greater detail.

James Mahony is the founder of

<http://www.migraineheadache prevention.com>

– A site dedicated to

preventing and treating migraine headaches

<http://www.migraineheadache prevention.com>

<http://www.articlesforwebsitecontent.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**