

Ocular Migraine Stroke

A Tour Of What An Ocular Migraine Stroke
An ocular migraine headache is common among people who suffer from classic migraines. What is unusual, however, is that the headache comes after a range of infrequent visual sensations. As an ocular migraine stroke occurs, you will become aware of an enlarging spot that will start off small gradually getting more mature. It will then be followed by a colored, shining zigzag border.
How To Describe and Deal With Ocular Migraine Strokes
The exact cause of ocular migraine stroke is not known, but it is believed to be caused by the abnormal stimulation of some nerves at the back of the brain. Classic migraines affect the surface of the brain but ocular migraine strokes affect the blood supply to the brain's vision area. For this type of migraine it is difficult establishing a fixed pattern being that you could go months without one and then suffer several in a week.
Sound or light sensitivity could be a good indicator of an oncoming ocular migraine stroke. A lack of an appetite or even feeling nausea and dizzy are also good indicators that an ocular migraine stroke could be manifesting.
There is usually no need for ocular migraine treatment, and prevention is the best possible way to deal with the symptoms. Try to avoid the environmental factors or foods that seem to trigger the migraine. It is best to track exactly what it is you were doing when you first felt the ocular migraine stroke. By doing so you can begin analyzing the situation and seeing if there are any commonalities in the occurrences of these ocular migraine strokes. If you get an ocular migraine after a migraine headache, medications for migraine headache help relieve the symptoms.
Ocular migraine stroke is more common in people under 40, women, people suffering from diseases like hardening of arteries, lupus, epilepsy, sickle cell disease and depression, and people who have a family history of migraine.
Visiting your physician can help rule out other reasons of headache and vision distortion if you regularly suffer from normal headaches. Gather as much information as possible regarding your triggers, symptoms and family history to share with your doctor.
Brief visual impairment during ocular migraine stroke can be indicative of a serious condition such as eye damage or stroke, so see the doctor for correct diagnosis. It is important not to leave this condition unchecked especially if it impairs your ability to see, eat, or perform because doing so could lead to a bigger issue.
It is best to consult your ophthalmologist in case you are worried about losing your sight. It is also advisable to consult the neurologist who can rule out other conditions that can cause similar symptoms such as migraine with aura, stroke or blood clot in the retinal artery.
Although ocular migraine strokes are very disturbing and sometimes painful, there are ways to help manage the effects of an ocular migraine stroke and that is why it is important to see your neurologist or physician if you are experiencing issues similar to those described in this article. Although there has yet to be a complete cure for this problem, there is medication that can eliminate these occurrences if taken promptly at the onset of any indication that an ocular migraine stroke is about to take place.

About the Author

Written by Mr Paul A Allen Jr.
Founder of [Best Headache Information](http://www.bestheadacheinformation.com)
Ocular Migraine Strokes
Author's permission is granted to share this full article with others. Just leave the signature line intact, please.

Source: <http://www.kiarticle.info>