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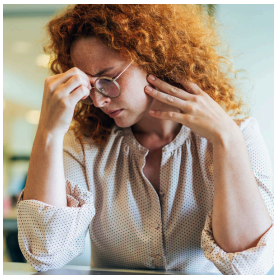
YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Take control of migraine attacks

If you've ever experienced a migraine attack, you know it's more than just a throbbing headache. It can come with other woes, from nausea and fatigue to numbness and blurry vision. These episodes can take a major toll on your daily life, but the good news is there are ways to head off the symptoms and find relief.

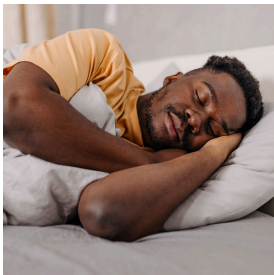
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Lowering your risk

Migraines are more than just bad headaches. Although migraines may seem to happen without warning, there are steps you can take to lower your risk of an attack.

[Learn more ►](#)



Ask an Expert

In this video, Dr. Matthew Fink talks about the difference between episodic and chronic migraines. Learn about the different types of migraines and what can be done to help the pain.

[Watch the video and learn more ►](#)

