

Are you one of the 1 in 7 people who live with migraine?



**Pharmacy staff can provide advice and support
to people living with migraine**

See **NHSGrampian.org/Migraine**
or scan this QR code for further
information and self-help
resources.



We're here to help you live with migraine.

The Migraine Trust is a registered charity
in Scotland (SC042911)

Migraine is more than just a headache...



It's a common, severe and painful long-term health condition

Attacks can affect the ability to function normally and usually last for between four hours and three days.

Symptoms include:

- headache, head pain, fatigue
- problems with your sight such as seeing flashing lights
- sensitivity to light, sounds and smells
- feeling and being sick.

If you experience two or more of these symptoms you may have migraine. Please speak to your Pharmacist or GP for further advice.

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