

National Migraine & Headache Awareness Month

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June is National Migraine and Headache Awareness Month. When people hear the word migraine, they often associate it with a severe headache. But a headache is only one symptom of a migraine. So, what exactly is a migraine? Mayo Clinic defines a migraine as a “headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head.” Mayo also states that migraines affect children, teenagers, and adults – in other words, anyone can get a migraine.

As warmer temperatures creep into much of the country and farmers begin their season of planting and haymaking, they are especially prone to severe headaches and/or migraines. With our delayed spring it is likely that farmers will push themselves harder than usual to take advantage of every hour of daylight to get the crop in. Weather changes and the drive to get things done typically bring on a transition in eating and sleeping habits which may cause dehydration and fuel stress. All of which are triggers for a headache and more specifically a migraine.

Unfortunately, we can't change weather patterns or the amount of work it takes to get the crops planted in a shortened window. However, there are ways that we can learn what triggers our headaches and/or migraines and take steps to lessen them. Mayo Clinic has many suggestions on how to monitor your symptoms such as keeping a headache diary, listing each onset, how long it lasted, and what may have caused it. Lifestyle choices such as eating healthy foods, exercising, drinking enough water, and getting enough sleep will help keep your stress under control which in turn will help the number and severity of your migraines.

There are over-the-counter medications that will help and in severe cases, a prescription may be an option. The important thing is to notice signs and symptoms of a headache or migraine and do something before it takes hold.



WISCONSIN FARM CENTER

MONDAY-FRIDAY, 7:45 A.M. - 4:30 P.M.
1-800-942-2474 | FARMCENTER@WISCONSIN.GOV
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Since the mid-1980s, thousands of farm families have turned to the Wisconsin Farm Center, which provides services to farmers, often in cooperation with university, government or private sector resources. Services include:

- Financial and business consultation
- Succession and transition planning
- Conflict, legal and financial mediation
- Herd-based diagnostics
- Veteran farmer assistance
- Farmer Wellness Program

All services are free and confidential.

Wisconsin Department of Agriculture, Trade and Consumer Protection

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