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Zig zag lines migraine

Eye (eye) migraines are quite common and often painless, although the solo term migraine usually brings to mind a strong type of headache. But with eye migraines, visual disturbances with or without headache can also accompany migraine processes that are believed to be related to changes in blood flow in the brain. These visual problems associated with migraines technically are known as eye migraines, but are much more common (albeit incorrectly) called eye migraines. Because most lay people understand the term better, this article refers to the condition as an eye migraine. Migraines can be produced by the body's neurological reactions to certain triggers, such as hormonal changes, flashing lights or chemicals in food or drugs. One of the results of these triggers can be an intense headache that, if left untreated, can last for hours or even days. During the processes of migraine, there may also be changes in blood flow to the area of the brain responsible for vision (visual cortex or occipital lobe). The resulting eye or eye migraines commonly can produce visual symptoms even without headaches. Eye migraine symptoms People with eye migraines may have different visual symptoms. Typically, you will see a small, magnifying blind spot (scotoma) in your central vision with bright flashing lights (scintillations) or a shimmering zigzag line (metamorphopsia) inside a blind spot. The dead spot usually increases in size and can move throughout the field of view. This whole migraine phenomenon can end in just a few minutes, but usually lasts as long as about 20-30 minutes. In general, eye migraines are considered harmless. Usually they are painless, do not cause permanent visual or brain damage and do not require treatment. Still, always consult your ophthalmologist when you have unusual vision symptoms because you may have another condition requiring treatment, such as a severed retina, which should be unsubscribed immediately. What should I do if I have an eye migraine? Unfortunately, a visit to an ophthalmologist can produce several answers when it comes to how to treat or prevent eye migraines. This is because the processes that provoke eye migraines are poorly understood. The symptoms of vision accompanying painless eye migraines are not directly related to the eyes. Instead, these visual symptoms occur as a result of migraine activity in the visual bones of the brain located at the back of the skull. Painless eye migraines can appear suddenly and create a feeling of looking through a cracked window. The accompanying visual distortion spreads throughout the field of view and usually disappears within about 20 minutes. As described above, your vision and visual acuity will be significantly affected during an ophthalmic attack of migraine or episode. If sharp vision is necessary for your safety, you should immediately stop what you are doing. If you are driving, stop until the eye migraine passes and vision has become clear. Stay calm until the eye migraine resolves. If you are concerned about unusual or persistent vision symptoms, see your ophthalmologist or other doctor for an examination. Eye migraine treatment Normally, eye migraines do not require treatment. But if these symptoms are repeated regularly or with increasing frequency, then you may need medications to reduce the frequency and / or severity of attacks, so consult your doctor. You may need to take these medications for an extended period of time to prevent recurrence of eye migraines. Medically reviewed by Deborah Weatherspoon, Ph.D., R.N., CRNA – Written by the Healthline editorial team on March 7, 2019, we include products that we consider useful to our readers. If you buy through the links on this site, we can get a small commission. Here's our procedure. What causes eye migraines? Migraine, which includes visual disturbances, is called eye migraine. Eye migraines can develop with or without accompanying pain classic migraines. During an eye migraine, or migraine with an aura, you can see flashing or shimmering lights, zigzag lines, or stars. Some people describe psychedelic images. It can also cause blind spots in the field of view. Of the people who report having migraines, one in every five experience this aura. Eye migraines can interfere with your ability to perform tasks such as reading, writing, or driving. Symptoms are temporary, and eye migraine is not considered a serious condition. Eye migraine is sometimes confused with retinal migraine, but these are two different conditions. Retinal migraine is rare and affects only one eye. Loss of vision in one eye can be a symptom of a more serious health problem. If you have vision loss in one eye, you should seek medical help to exclude all basic conditions. Exactly what causes eye migraine is not known, but a personal or family history of migraine is a known risk factor. Doctors theorize that eye migraine has the same causes as a classic migraine. There is a genetic link with migraine. A family history of migraines or eye migraines increases your chances of having them. Many people are able to identify individual triggers for migraine, but research has shown that it is a more likely combination of factors that trigger migraine. Triggers vary from person to person and may include: bright light soundsuggest odor, anxiety, relaxation after periods of stress weatheralcoholic drinks, especially red wine caffeine or withdrawal from caffeine and nitrate-containing (hot dogs, lunch meat)foods containing sodium glutamate, also known as MSG (fast food, spices, broth) foods containing tyramine (old cheeses, hard sausages, smoked fish, soy products, fava beans) artificial sweetenersYou can try to identify migraine triggers by keeps a headache diary. The diary should include notes on diet, exercise, sleep habits, and menstruation. There are two migraines, which are referred to as eye migraines. Some people refer to migraines with auras as eye migraines. Some people experience an aura approximately 10 to 30 minutes before migraine sets in Aura symptoms may include: numbness or tingling in the hands or facefeeling mentally hazy or fuzzydisrupted sense of touch, taste, or smellseeing blind spots, shimmering spots, flashing lights, or zigzag lines Not all people with migraines will experience auras. Eye migraines can also refer to eye-related migraines that come with vision disorders that may or may not come with a headache. These are known as eye migraines. Eye migraines may include some or all of the aura symptoms listed above. Eye migraines are usually the result of migraine activity in the visual lychea of the brain. Some people use the terms migraine and headache interchangeably, but there is a difference between tension headaches and migraines. The pain from tension headaches will be mild to moderate (as opposed to cluster headaches, which can be seriously painful). Tension headaches tend to be disruptive, but not debilitating. Only in rare cases there will be sensitivity to light or sound. However, with migraine, the pain is moderate to severe. Many patients experience persistent, intense pounding or pulsation. Pain is often debilitating. Some patients will experience nausea or vomiting, and light and sensitivity to sound. Some patients also experience an aura before the onset of migraine. Even if migraines exist on their own and are not a symptom of the underlying condition, they can still be debilitating and affect your life. For example, if you experience blind spots or visual disturbances, you'll want to wait until they pass before driving. Eye migraines usually disappear on their own within 30 minutes. You should rest and avoid triggers such as bright lights until visual disturbances disappear. There are both over the counter treatments and prescription medications that can be used to treat recurrent migraines. Over-the-counter medications such as ibuprofen or Excedrin migraine can be used to reduce migraine symptoms once you already have them. Your doctor may prescribe you:Some of these prescription medications will be taken regularly instead of as needed when you get migraines. If you have experienced eye migraine pain, you can:lie down or sit in a dark, quiet roommassage of your scalp with a lot of pressure pressure on your templespoove a damp towel over your forehead While eye migraines may not need treatment, you should consult your doctor if you have often. You should also call your doctor if they increase in frequency. Your doctor can make sure that there is no serious underlying condition, and may also prescribe medications that can reduce the frequency or intensity of symptoms. If you experience a drastic loss of vision, loss of vision in one eye or difficulty thinking, immediate medical attention. Last medically evaluated on 25 October 2016 2016

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