Brain Tumors: The Confusion with Migraine Headaches
By Eleni Demertzis

Self-diagnosing is becoming more popular in society today. With the easy accessibility of the Internet, one can type their symptoms into a search engine and come up with various diagnoses. When most migraine sufferers type in “migraine,” “headache” or other indicators of migraines, one of the most common terms that appears is “Brain Tumor.”

While migraines are a common sign of brain tumors, it is important to understand that migraine sufferers usually do not have brain cancer or any kind of disorder in the brain. The migraine disorder is an issue that most people have dealt with for years, if not their entire lives. While migraines are a brain related syndrome, they are usually triggered by various other factors in life such as diet, sleeping patterns, and menstruation.

Migraine sufferers are in a long-term search for answers to their pain. They want to know WHY it is happening to them, and what is causing it to keep coming back. Unfortunately for most, it is probably genetic or coincides with their menstruation cycle, which are both instances one cannot avoid or diminish. Otherwise, knowing each individual’s triggers for migraines is one way to prevent them from occurring. By keeping a migraine log with important information, one can conclude if certain foods, sleeping patterns, or activities are setting the migraine off and can begin excluding these items from their lifestyle.

Yet, it is important to note that migraines have the possibility of being a sign for a brain tumor. When a person who has never really experienced migraines begins to get them recurrently, they should schedule a check-up and do some basic testing to rule out a brain tumor. An MRI of the brain will usually be performed which scans numerous images in search of lumps or masses.

So for all the migraine sufferers out there that have been dealing with migraines for years, relax! Instead of becoming a hypochondriac and worrying about everything that encompasses migraines, schedule an appointment with an internal medicine physician to rule out the potential chance of a brain tumor. When the confirmation has been given, accept the fact that migraines will almost always be a part of life and learn ways to work around it.