

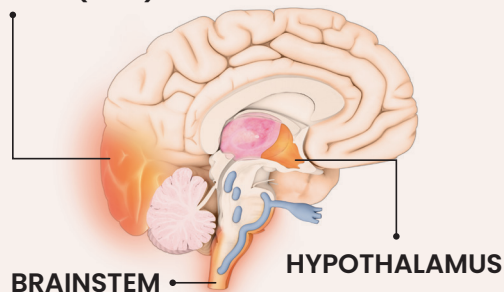
# MIGRAINE MAP

Understanding the phases and symptoms of a migraine attack.



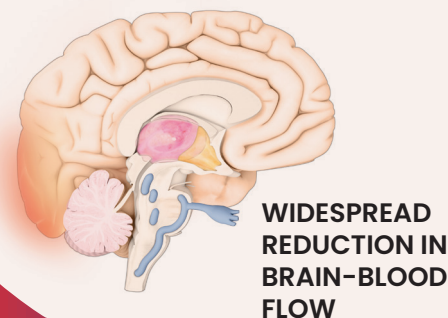
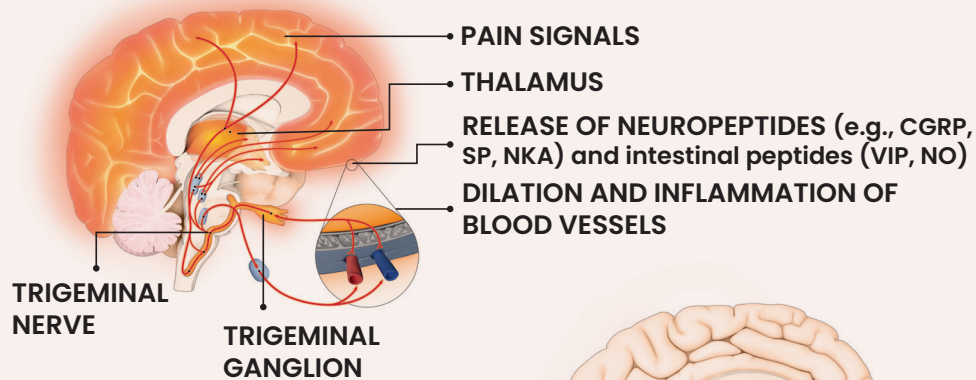
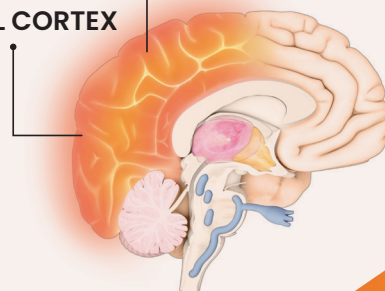
Not everyone goes through all four stages of migraine or experience the same symptoms during separate migraine attacks.

ONSET OF CORTICAL SPREADING DEPRESSION (CSD)



CORTICAL SPREADING DEPRESSION (CSD)

VISUAL CORTIX



## PRODROME

DURATION: A FEW HOURS TO DAYS

IRRITABILITY  
DEPRESSION  
YAWNING  
INCREASED NEED TO URINATE  
FOOD CRAVINGS  
SENSITIVITY TO LIGHT/SOUND  
PROBLEMS CONCENTRATING  
FATIGUE AND MUSCLE STIFFNESS  
DIFFICULTY SPEAKING  
DIFFICULTY SLEEPING

## AURA\*

DURATION: 5 TO 60 MINUTES

VISUAL DISTURBANCES  
TEMPORARY LOSS OF SIGHT  
NUMBNESS AND TINGLING  
SPEECH DIFFICULTIES  
CONFUSION

\*Around 20% of patients with migraine experience the aura phase.

## HEADACHE

DURATION: 4 TO 72 HOURS

THROBBING HEAD PAIN  
NAUSEA/VOMITING  
SENSITIVITY TO LIGHT/SMELL/SOUND  
NASAL CONGESTION  
NECK PAIN AND STIFFNESS  
ANXIETY

## POSTDROME

DURATION: 24 TO 48 HOURS

INABILITY TO CONCENTRATE  
FATIGUE  
DEPRESSION  
EUPHORIA  
COGNITIVE DIFFICULTIES

CGRP=calcitonin gene-related peptide;  
SP=substance P; NKA=neurokinin A; VIP=vasoactive intestinal peptide; NO=nitric oxide.

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CA-NEUR-240102A / MA25

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information  
and support...



MigraineCanada.org



MigraineHelp.ca



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