

# MEDIA RELEASE

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## Migraine advice for teens now online

Migraine tips for teens, one of the most common health disorders is now available on Leicestershire Partnership NHS Trust's (LPT) ground-breaking [healthforteens.co.uk](http://healthforteens.co.uk) website.

Migraine is very common and can affect the whole body, sometimes without a headache at all. Symptoms are different for everyone and many younger children experience 'abdominal migraines' with no headache at all.



**MIGRAINE: JUST THE FACTS**

Migraine is one of the most common health disorders.

It affects the body's nervous system and lots of research is being done into what exactly causes them. Despite what people might say, it is much more than just a headache! In fact, migraine can affect the whole body and can result in many symptoms, sometimes without a headache at all.

**Facts and Stats**

- 1 in 7 people in the UK suffer from migraine
- Migraine affects around 18% of 13-14 year olds
- After the age of 12, females are three times more likely to be affected
- A migraine attack can last from 4 to 72 hours
- Migraine is amongst the top 20 most disabling lifetime conditions

**10 Possible Triggers of a Migraine**

Learning to manage migraines can be quite tricky. Here are 10 possible triggers...

Symptoms may include:

- headache
- sickness
- changes to vision
- pins and needles
- dizziness;
- a sensitivity to light.

Migraines can be triggered by diet, stress, hormones and even the weather. A full list can be found on the [healthforteens.co.uk](http://healthforteens.co.uk) website.

LPT's school nursing service has developed the content in partnership with Migraine Action, the UK's leading support charity for those affected by migraine.

The addition of the web content coincides with Migraine Awareness Week which takes place from the 6th-12th September and aims to raise awareness of this debilitating condition.

Margaret Clarke, Lead School Nurse for LPT (Queen's Nurse), said: "Only those who suffer from migraine will understand how challenging, painful and disruptive it can be, and as a young person experiencing them can be really scary.

"We felt it was really important that we included a section on the Health for Teens website, as teenagers spend a lot of time on computers, they can experience period

of stress at school and sometimes diet can also play a big part in triggering a migraine.”

The unique Health for Teens website is the first NHS website created especially to support teens with their mental and physical health and wellbeing. As well as information on migraines, it features interactive content, films, and quizzes - written by experts from across LPT services including school nursing, health improvement, smoking cessation, dietetics, and mental health. The website’s comprehensive content includes topics as wide ranging as exam stress to anger management, and from spots to alcohol. Visit [www.healthforteens.co.uk](http://www.healthforteens.co.uk).

Maggie added, “The new section on the website covers information on symptoms, so young people know when they are having a migraine. It covers 10 possible triggers associated with migraines as well as symptoms and helpful tips to help prevent a migraine and cope with it when it happens.”

Rebekah Leedham, Youth Engagement Coordinator for Migraine Action said, “With one in 10 young people suffering from migraine, it is important that we get the right information to all those affected as soon as we can. Young people with the condition often talk about missing out on social activities, struggling at school or feeling misunderstood. Working with LPT on the Health for Teens website, gives young people another great place to access vital information. We hope that this can help them to take control of their migraines and lead a happier life”.

For more information on migraine advice, visit [www.healthforteens.co.uk](http://www.healthforteens.co.uk) or speak to your School Nurse via ChatHealth or GP. You can also speak to someone at Migraine Action on 08456 011033 or email [info@migraine.org.uk](mailto:info@migraine.org.uk).

**ENDS**

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#### **NOTES TO EDITORS**

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £267 million and employs approximately 5,400 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk).

#### **For further information contact:**

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Migraine Action is a registered national charity which, for over 50 years, has been providing support to all those affected by migraine-

They provide:

- Free membership for under 18s and discounts for up to 24s.
- Advice (whether on the phone, online or in person).

- Information (through booklets, online and through the support of a specialise nurse and helpline).
- Research (collaborating with academic institutions in order to understand the causes of, and reduce the impact of migraine).
- Provide a link between medical professionals and those who are affected by migraine.

[www.migraine.org.uk/young-people/](http://www.migraine.org.uk/young-people/)