



TWOP News

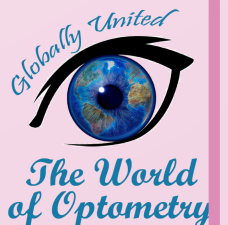
TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry



*The
World of optometry*

OCULAR

MIGRAINE



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry

Introduction

An ocular migraine is an episode of vision loss in one eye, usually lasting less than one hour and is related to a headache.

Some triggers of Ocular Migraines include: Stress, hormonal changes, bright/flashing lights, excess intake of alcohol (red wine), weather changes, skipping meals/not eating enough, excessive or insufficient sleep, driving long distances, and so many more.



Causes and Risk factors

Ocular migraines are usually caused by reduced blood flow or spasms of blood vessels in the retina or behind the eye.

Risk factors for Ocular Migraines embody, but don't seem to be restricted to:

- Family history of migraine
- Common in female than male
- Most common from age 30-39



Signs

An ocular migraine will mimic different serious conditions, thus it's important to see a doctor as soon as possible if experiencing these symptoms. Ocular Migraines are typically mistaken for **retinal migraines**.

Some signs that distinguish **retinal migraine** from **ocular migraine** include:

- Symptoms that have an effect on just one eye
- Severe vision loss
- Temporary vision defect
- Seeing twinkling lights



Symptoms

- Pain that exacerbates with activities
- Seeing temporary flashes of stars
- A bright or blind spot that starts within the center of vision and spreads to hide up to 1/2 the field of vision
- Slurred speech
- Sensitivity to light and sound
- Slight nausea and vomiting
- Intense pain, which can be rhythmic or throbbing, in one or both sides of the head
- It usually lasts less than 60 min.
- It sometimes presents in one eye



Treatment

Based on the Doctor's recommendation, **treatment** for **migraine** could include, but are not restricted to;

-**Over-the-counter medications**, such as acetaminophen, ibuprofen, or naproxen for mild Ocular Migraine.

-**Prescription medications** to help in ocular migraines or symptoms that accompany migraines such as nausea for more severe Ocular Migraine.



DRAG TO THE SIDE
DRAG TO THE SIDE

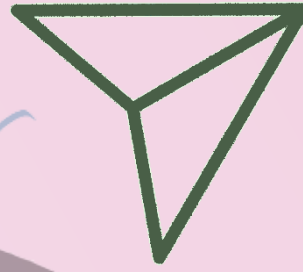
#TwopNews



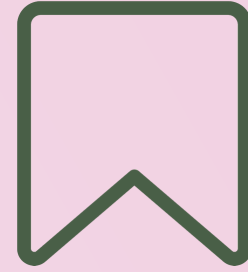
Wow, what a cool content



Leave your comments



Share with friends



Save, to consult in the future

The World of optometry



The World of Optometry



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry