

MIGRAINES ARE HEREDITARY: *Myth or Fact?*

THE QUESTION IS COMPLEX, BUT THE ANSWER TO “ARE MIGRAINES GENETIC?” APPEARS TO BE YES.

THE EARLIEST FORMAL RESEARCH SHOWS A GENETIC LINK FOR MIGRAINES



Having “first-degree” relatives with migraines will significantly increase migraine risk anywhere from 1.4 - 4 times. This affected both aura- and non-aura migraines. Spouses of those who suffer migraine without aura also had a significantly higher likelihood of migraine without aura themselves. Migraines with aura are likely determined principally by genetics. Migraines without aura may originate partly or largely from environmental factors.

TWINS REVEAL INTERESTING NEW DIRECTIONS IN MIGRAINE RESEARCH



In 2003, the human genome was mapped for the first time, increasing the potential of genetics to perhaps prevent - migraines. Up to 20 percent of the population experiences migraines: A landmark study in Korea indicated about 20 percent of males and 24 percent of females were sufferers. Research in the early 2000s began to demonstrate a significant role of non-shared genes in twins. Substantial differences in migraine prevalence across different countries was also noted.

GENETIC MODELS OF MIGRAINE CONTINUE TO DEVELOP



Through additional studies using mice, a set of three genes were identified for familial hemiplegic migraine, a type of migraine that runs in families. It is classified as an “aura migraine,” since a visible halo or aura is usually perceived by sufferers before the onset of full symptoms. Temporary numbness or weakness also typically occurs on one side of the body. In the future, it might become possible to target and “turn off” the responsible genes.

RECENT RESEARCH OPENS THE DOOR TO FUTURE MIGRAINE TREATMENTS



2012 research in the Journal of Headache Pain continued to push toward effective identification of key factors involved in non-aura migraines and those with complicated, multi-gene factors. Multiple new gene factors were illuminated, many of which had never been suspected. In August 2013, two major new studies appeared. Both studies continued to fill in the blanks on migraines, showing multiple new loci - a specific position on a chromosome - associated with migraines.

WANT ACCESS TO THE LATEST MIGRAINE TREATMENTS?



Science has proven conclusively that many forms of migraines arise due to genetic factors. That said, environment and overall health also play roles. Underlying health conditions can cause many types of severe headaches, including non-aura migraines. These conditions might go unnoticed for months or years, worsening headache pain. To get fast, long-lasting relief from a migraine, simply visit the migraine specialist Miami trusts.

MIAMI HEADACHE INSTITUTE

If you're suffering from chronic headaches or migraines, don't wait any longer. Join thousands of patients from throughout the Sunshine State who have worked with Miami Headache Institute to get permanent relief.

We look forward to helping you.