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Sheena Aurora, MD, FAHS  
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**Hot Flashes, Night Sweats,  
Insomnia, Irregular  
Periods, Vaginal Dryness,  
Mood Changes, Weight  
Gain, Thinning Hair, Dry  
Skin**

Is there anything good about menopause? Well, if you have migraines, maybe.

Two-thirds of women with migraine will experience a significant improvement in their migraines with menopause, especially if they have migraine without aura. Some women even

stop getting migraines once they reach complete menopause, assuming menopause is natural and not as the result of surgery or other induced causes.

Yet in some women, migraines may worsen in the perimenopausal period, the time just before menopause when your body is transitioning to menopause. This happens because of major fluctuation in estrogen levels as your body moves through the change.

In fact, migraines may get worse or more prevalent in women who have had menstrually related migraines during their life or in whom menopause has been induced because of surgery or medical treatments like chemotherapy.

Hormone replacement therapy (HRT) – medications containing female hormones like estrogen that replace the ones the body no longer makes – may help these women. Transdermal formulations, such as a skin patch, are often preferred to taking HRT pills. The not-so-good news is that HRT pills can sometimes worsen migraines and patches may provide little or no benefit.

Either way, you should consult a healthcare professional who can work with a migraine specialist to find the right approach for you.

If you want to know more:

<http://www.ncbi.nlm.nih.gov/pubmed/25449663>

<http://www.ncbi.nlm.nih.gov/pubmed/24867840>

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