

## **PD04 - Chronic Illness (Pain) - Migraines and PD 4**

**Post by “Joshua” of January 19, 2021 at 11:51 AM**

I reported to the ER one time with visual lights/patterns, transient aphasia, confusion, headache, vomiting—and was diagnosed with complex migraine with aura. Lucky me, I thought I was having a stroke!

It was miserable. I wouldn't say chronic, but I have had them intermittently over the years. My experience tracks with what Charles said. As soon as I understood what was going on (a phenomenon called spreading cortical depression), I began to handle them much better. The physical pain was the same but the suffering was considerably lessened. Now I know what's going to happen before it happens, and I can take measures to mitigate it. It becomes much easier to protect my abiding pleasure in this way.