

How weekly injections of Botox could make migraines less of a pain

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Last updated at 2:06 AM on 12th May 2011

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Botox greatly reduces the number of migraines experienced by many sufferers

Botox could make migraines less of a pain.

In a Spanish study, the popular anti-wrinkle treatment greatly reduced the number of migraines experienced by many sufferers.

Weekly injections of Botox into 'trigger points' on the neck and scalp halved the number of crippling headaches suffered by a fifth of patients.

Another third also so significant reductions in attacks, the University of Granada study found.

Side effects were minimal.

It is not exactly clear how Botox thwarts migraines, but it may be by blocking the transmission of pain signals to the brain.

In Britain, it is approved for use on chronic migraine sufferers - namely, those who have headaches on at least 15 days per month of which at least eight days are with migraine.

A spokesman for the researchers said: 'Headache is a universal experience.

'At present there are more than 100 types of headache and one of the most recurring ones is migraine, which affects approximately 10 to 12 per cent of the population, being three times more common in women than in men.

'When migraine becomes chronic - occurring more than 15 days a month - it can disrupt patient's daily life to a great degree.'

Migraines feature in the World Health Organisation's top 20 most disabling lifetime conditions.

They lead to more sick days than any other illness - at a cost to the economy of more than £2billion a year.

The intense headaches, which can be accompanied by nausea and visual disturbances, as well as photophobia or sensitivity to light, can take up to three days to pass, and one in seven sufferers believes that time off due to migraines has affected their career.

Drugs in use have side-effects and do not work for everyone.

Organisations:

[World Health Organisation](#)

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