The concept of “migraine threshold” implies that certain lifestyle factors can be controlled, thus increasing your tolerance to some migraine triggers.

A cause of migraine is why you are susceptible to migraine, such as genetics; whereas a trigger is the reason you experience migraine on a particular day.

Mood disorders are a common comorbidity with migraine, and they can be caused by migraine itself or by medications used to treat migraine.

Emergency medical treatment may be necessary if you are experiencing a migraine that’s notably different from your typical migraine symptoms.

There are four phases of migraine with symptoms that can vary between individuals and among different attacks within the same individual: prodrome, aura, headache, and postdrome.

Shift your migraine threshold by getting consistent sleep, eating regularly, staying hydrated, and modifying other lifestyle factors that could be impacting you.

Seek medical treatment if you're struggling to keep an attack under control, or if you are experiencing an attack that's different from your usual migraine episodes to rule out an underlying condition.

Consider other known conditions you may be experiencing that may trigger migraine and discuss with your provider how to manage each comorbidity.

Take control of every aspect of your daily life that you can to reduce your chances of triggering a migraine event.