

### What differentiates ocular migraine from migraine aura?

The symptoms of the two conditions are nearly the same except for a few prominent signs. Regular migraine attacks can also cause vision problems, called as aura, which can involve flashing lights and blind spots. But these symptoms usually appear in both eyes along with splitting headache. The main difference is a migraine with aura will affect both eyes, while an ocular migraine affects only one and can be painless. Both may have visual disturbances such as:

- Flashes of light
- Zigzagging patterns
- Blind spots
- Shimmering, coloured, or flickering lights
- Floating lines

### **What causes ocular migraine?**

Ocular migraine can be triggered by high blood pressure, stress, excessive heat, smoking, disturbed sleep cycle, high altitude and usually tend to be more common among women, people aged < 40 years, or people with family history.

The exact cause of ocular migraine is unknown. Leading theories attribute them to spasms in retinal blood vessels, and changes to nerve cells in the retina. Theories have also stated that it is caused by electrical activity in brain usually when an electrical impulse causes abnormal activity. It then spreads over the surface of the brain and hence triggers 'ocular migraine'. Some theories have also linked that there are certain factors triggering regular migraines which might trigger ocular migraines. Some of these factors include disturbed sleep cycle, caffeine, hormonal changes, dehydration and stress.

### **How to treat ocular migraine?**

Taking care of oneself is the key treatment to people suffering from ocular migraines. You can even keep a detailed diary to maintain a record of the elements that trigger ocular migraines for you. The elements can be food, medications, weather conditions or lights that might trigger them. Acupuncture & acupressure and even ice bags are some of the remedies apart from prescriptive medications that can be beneficial for such patients.

Ocular migraine symptoms usually go away on their own within 30 minutes. In the interim, resting the eyes, avoiding bright light, avoiding stress factors and minimizing screen time (time spent looking at a television, computer monitor, tablet or phone) can also bring relief.

Non-steroidal anti-inflammatory (NSAID) pain medications and anti-nausea medications can be beneficial for alleviating the symptoms, your doctor may prescribe Beta-blocker, Calcium-channel blocker etc, and however it's always recommended to visit your ophthalmologist, if the symptoms persist.

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