

# How Botox has a Positive Impact on Migraines

## The Benefits of Botox for Migraines

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### INTRODUCTION

- Botox is made to help relax muscles. It can provide so much relief and is way more than just a cosmetic procedure. It can not just help with physical benefits and looks, yet it can provide a non-therapeutic way to ease the discomfort and prevent future migraines from the future.
- There are many ways to provide care, yet some may choose a way that isn't medications. This is a great alternative to caring for these in a way that is non-invasive and isn't daily. It can help provide comfort each day and lessen the severity of the symptoms.
- Botox is a very common procedure and injection that people do every day. It is safe, as well as effective. It can be used in many ways and can provide relief for many different disorders and syndromes.
- Migraines can be extremely detrimental to daily life, and providing relief with the use of Botox can be lifechanging. It truly relaxes the muscles, and can help ease the tension from the headaches, as well many other symptoms and side effects that are experienced.

### INTERNSHIP PROJECT OBJECTIVE

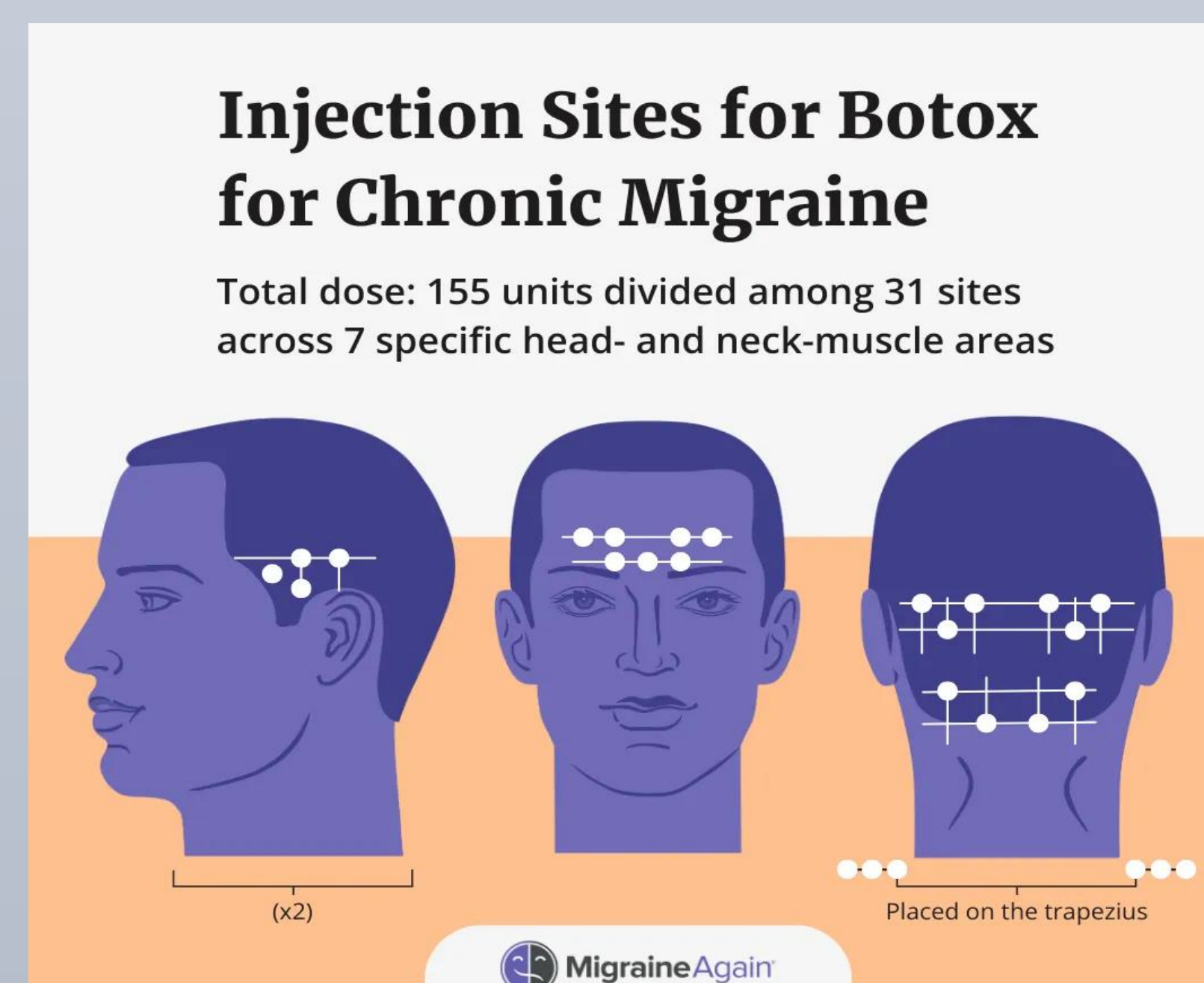
- Provide patients with information relating to the benefits of Botox for migraine symptoms and prevention.
- Finding a non-therapeutical way too provide care for migraines.
- Research regarding the benefits of Botox and how effective it is when being used for migraine care.
- Benefits of non-therapeutic therapies.
- Different types of Botox and their specific benefits. As well as placement and how it has different effects.
- Provide insight to the procedure and how Botox is done. Providing a safe and comfortable environment for our clients.
- Reading and interpreting our own clientele data and seeing how many patients have seen improvement with migraines with the use of Botox.

### RELATED LITERATURE

- According to the European Headache Federation, 155-195 units of Botox in 31-39 different areas near or on the head, done every 12 weeks can help with chronic migraines (Shaterian et al., 2022).
- Botox is an affordable way to help migraines that are high severity pain. As well as it is effective on different types of migraines. It is a very affordable option (Gaviria and Hamid, 2024).
- Botox works as a preventative measure as well. It can help have a positive impact and prevent any future attacks and lessen the impact (Kepczynska and Domitrz, 2022).

### MATERIALS & METHODS

- Created a flier on signs and symptoms of migraines as well as what Botox does and how it can be useful for helping migraines.
- Find real life patients who have used Botox as a non-therapeutic way to treat migraines.
- Tracking improvement of signs and symptoms following Botox and how it has been beneficial to preventing future migraines as well.
- Women and Men over the age of 18 years old, unless recommended by a doctor at a younger age.
- Patients who suffer from severe and chronic migraines.
- Researching how the Botox works and how different types can help with different things, as well as locations for injections for, specifically migraines.
- Data collected of the rate of effectiveness on Botox for migraines and how long it can ease the pain. As well as how frequently the injections are needed.
- Putting information of how Botox can help migraines in a display case and seeing how many people utilize the service and how many bookings we get for Botox for migraines based off the information provided.
- Providing comfort to patients with information backed by evidence.



### RESULTS

- The flier created had patients interested in learning about Botox for migraines. It provided information and locations of Botox injections.
- Improved education for clients and patients on Botox for migraines .
- Increased treatment for migraines in the spa.
- Decreased pain in both Men and Women who are dealing with the signs and symptoms of severe migraines.
- Improved prevention of future migraines and current and future symptoms.



### CONCLUSIONS

- Botox can have an extremely positive impact on lessening symptoms and side effects of migraines.
- Botox is much more than just a cosmetic procedure. It is a great alternative to taking medications each day.
- Botox can help prevent future migraines as well as lessen the pain and discomfort.
- The use of Botox can be used in adults, or children when recommended by a provider who suffer from moderate to severe migraines.

### REFERENCES

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