

Say Goodbye to Migraines. Advanced Treatments at NPMC

Migraines are more than just headaches; they are debilitating neurological conditions that can severely impact your quality of life. At the Neurology and Pain Management Clinic (NPMC), Dr. Gautam Arora offers advanced treatments to help patients manage and overcome migraines effectively, so they can live life to the fullest.

Understanding Migraines

Migraines often present as intense, throbbing head pain, typically on one side of the head. They are commonly accompanied by symptoms like nausea, vomiting, and sensitivity to light and sound. Triggers vary widely, including stress, hormonal changes, certain foods, lack of sleep, or environmental factors. Migraines can last for hours or even days, making effective management essential.

Cutting-Edge Treatments at NPMC

Dr. Gautam Arora and the team at NPMC use a personalized approach to treat migraines, offering the latest advancements in pain management.

1. **Medication Therapy**
For acute and preventive care, tailored medications help alleviate migraine symptoms or reduce their frequency. Options may include triptans, CGRP inhibitors, and anti-inflammatory drugs.
2. **Botox for Chronic Migraines**
FDA-approved for chronic migraines, Botox injections block pain signals, reducing the intensity and frequency of attacks. This treatment is ideal for patients experiencing migraines 15 or more days per month.
3. **Nerve Blocks and Injections**
Targeted nerve blocks, such as occipital nerve blocks, can provide immediate and long-lasting relief for recurring migraines.
4. **Lifestyle and Dietary Guidance**
Identifying triggers and adopting healthy habits, like regular sleep patterns and a balanced diet, can significantly decrease migraine occurrences.
5. **Advanced Therapies**
For persistent cases, neuromodulation devices and biofeedback techniques offer promising relief by altering pain pathways and reducing stress responses.



Why Choose NPMC for Migraine Relief?

Dr. Gautam Arora's expertise ensures each patient receives comprehensive care tailored to their specific needs. From thorough diagnosis to customized treatment plans, NPMC combines medical innovation with compassionate care to deliver effective migraine management.

