

Cefaly

There have been a number of electrical devices developed recently which people with migraine find useful. These work by stimulating the nerves that travel to the area of the brain where the migraine process is situated.

The Cefaly device stimulates the orbital nerves above the eyes and can be used either as a preventer, used on a regular basis, or during the migraine attack.

No serious side-effects have been identified and the amount of current used is very small.

Cefaly is not available on the National Health Service but two options are available. Either a two-month trial period for approximately £35 or, alternatively, you can purchase the device for approximately £200 and return it for your money back if you are not satisfied.

Further information can be found on the website – www.cefaly.com