

### Migraine

Types with aura, without aura, hemiplegic, vestibular, chronic, menstrual

C/F **prodrome:** malaise, irritability, behavioral change

**aura:** visual aura (shimmering, zigzag lines, scotoma)

**sensory symps:** headache (severe and throbbing), with photophobia, phonophobia and vomiting lasting from 4-72 hours  
<movement, > lie in a quiet, dark room

### Xerophthalmia

Cause Vit A def

Def Keratinisation of cornea

C/F Char -  
1. Bitot's spots  
2. keratomalacia  
3. corneal ulceration  
4. scarring  
5. irreversible blindness

Eat dark green leafy vegetables and yellow fruits

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Page 1 of 1.

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