Sample Formal Speech Outline

Title:	**What is a Migraine and how does it affect people?**
Name:	Steve Smith
General Purpose:	To inform
Specific Purpose:	To inform the audience on what a migraine headache is and how it affects the people who get them.
Time:	5 minutes

I. Introduction

A. How many people in this class get headaches raise your hand? How many of you get them so severe that they disrupt what you are doing at the time?
B. Those of you who raised your hand to either of those questions could suffer from migraines.
C. I've suffered from them since I was in the seventh grade. I still get them quite a bit.
D. **Although the exact cause of migraines is unknown, they can become so severe that they disrupt your daily life.**
E. Things you need to know about migraines are what they are and their symptoms, what causes them, and how sufferers deal with them on a daily basis.

Transition***The first among these points is what a migraine is and what the symptoms are.

II. Body

A. A migraine affects more then just your head.

1. A migraine is a throbbing headache that is usually one sided but can be two sided. The throbbing is usually accompanied by nausea, sensitivity to light, sound, and smells, sleep disruption, and depression (National Migraine Association – "NMA").
   a. When I get a migraine the slightest movements send my head banging and I usually get the sensitivity to light and sounds with a little nausea.
   b. Think of how you feel when you walk from a dark room to the outside where it's really sunny. You react by closing your eyes because of that instant of pain while your eyes adjust. Now think of that 100% worse.
   c. The same can be said when going from quite to a noisy place.

2. There are two main types of migraines.
   a. One type of migraine is what is called the classic Migraine.
      i. The main symptom with this type of migraine is that people get an aura. The aura is usually seen 10 to 30 minutes before your headache. They are usually flashing lights, zigzag lines, or spots of light.
      ii. There can be speech difficulty, confusion, weakness in the arms or legs.

b. The other type of migraine is the common migraine. This migraine is just like the classic without the aura.
   i. This is the most common kind of migraine.
   ii. Mental fuzziness, mood changes, and fatigue are usually experienced the day or so before the headache starts.
c. Both a classic and a common migraine can hit you as often as several times a week or as far apart as a few times a year. They can last anywhere from a few hours to one or two days. Migraines happen in more often in women then in men and can develop from age five to thirty-five.

Transition*** Now that we know what a migraine is and what the symptoms are we can start to understand what helps to cause them.

B. The actual cause of migraines is unknown.

1. Evidence has shown that it could be changes in blood vessels, chemicals, and in your nerves in your brain that cause migraines (NMA).

2. The main theory is that evidence seems to support is that it's the dilation and constricting of blood vessels (NMA).
   a. During the time before the headache starts the blood vessels in the brain get smaller and allow less blood to flow through.
   b. When the headache begins is when your blood vessels become dilated and more blood flows through. This stretching is what caused the headaches.
   c. Serotonin is thought to be a main cause of migraines. High doses of it are found before the migraine and low doses of this hormone is found during the migraine.

3. There are some triggers that doctors have been able to identify that cause migraines.
   a. Such things as depression, stress, lack of food and sleep, hormone changes, weather changes, certain foods and beverages, and bright lights.
   b. When I was first diagnosed with migraines they had me keep a food diary of everything I ate and when I got headaches.

Transition*** Now we know what a migraine is and what causes them. As you can see ignoring these types of headaches isn't going to help them go away. They can disrupt your work and home life if they aren't taken care of.

C. Try to imagine doing any kind of work on your computer when your head is throbbing and the light from the screen and the lights above you are glaring down on you and making the throbbing worse.

1. There are quite a few people where I work that get migraines. When someone has a migraine we usually turn off the overhead lights for them.

2. Migraines can cause the suffering to miss anywhere from a few hours of work to a day or more. This cuts in to their productivity. They typically have downward spiraling incomes.
    a. A recent study by American Academy of Pain Medicine states that 150 million workdays per year are lost to migraines.
    b. The annual cost to an industry and the health care system amounts to 5 to 17 billion dollars.
    c. Many migraine sufferers in the work place are mistaken for drug addicts or alcoholics because when they are experiencing a migraine they may wear sunglasses indoors, make frequent trips to the bathroom, leave early or stay late, and have slurred speech.

Transition*** Now we know what a migraine is, what can cause a migraine, and how they affect you.

III. Conclusion

A. A migraine isn't a common headache, causes of migraines are still not completely known but studies have shown that the way the chemicals react in your brains can affect it, and having migraines can interfere with your productivity and reputation in the workplace.

B. Migraines affect many people not only physically but it can affect how you are looked at in the workplace.

C. So after hearing about migraines how many people here think they may get them?

(Note: Don't forget your Bibliography, on a separate page