

INFO

TO HELP YOU AVOID MIGRAINE HEADACHES

WHAT CAUSES MIGRAINE HEADACHES?

The cause of migraine headache is not yet fully understood, however, we do know that almost twice as many women as men suffer from migraine headaches, and that migraine can run in families.

While the exact cause remains unknown, many people are able to identify migraine "triggers" which tend to give them migraines. Avoiding migraine triggers seems to help reduce their risk of developing migraine headaches.

FOOD

- Dairy products with high fat content (butter, aged cheeses);
- Foods containing the artificial sweetener aspartame;
- Fruits such as avocado, bananas, figs, grapes, grapefruit, oranges, lemons, limes, plums, prunes and tomatoes;
- Legumes (fresh or dried beans and peas); Nuts, including peanut butter;
- Onions; Prepared or instant foods (soups, sauces, frozen dinners);
- Processed meats (cold cuts, bacon, weiners); Sauerkraut; Seafood; Spinach;
- Food additives: hydrolyzed plant protein, monosodium glutamate (MSG), nitrites and nitrates, soy sauce, yeast extract

DRINKS

- Alcohol (especially red wine); Coffee and colas (other than caffeine-free);
- Chocolate; Dairy products with high fat content (cream, whole milk, buttermilk);
- Drinks containing the artificial sweetener aspartame;

ENVIRONMENT

- Bright sunlight (especially glare from water or snow);
- Changing weather conditions; Cold wind; Excessive noise; Heat/humidity

PERSONAL HEALTH

- Fatigue; Occasional, intense exercise (weekend sports, moving furniture);
- Monthly period (menstruation); Skipping meals; Stress; Taking oral contraceptives or hormone replacement therapy; Too little or too much sleep

HOW TO HELP REDUCE YOUR RISK FOR MIGRAINES

You may be able to identify your own migraine triggers by keeping a "migraine diary". Each time you get a migraine, simply write down what you ate and what you were doing in the hours just before the migraine started.

By avoiding your own migraine triggers, you may be able to reduce the number of migraines headaches you get.