# MIGRAINE FACTS that ONE should know

# **WHAT IS MIGRAINE?**

Migraine is a chronic neurological disorder characterized by-



Visual disturbances (Flashing of light, blind spots in the vision, zig zag pattern, sensitivity to light)



Intense, throbbing pain in one or sometimes both side of head



Nausea & vomiting



Sensitivity to sound & smell



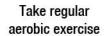
Tingling / pins & needles/weakness

## **WATCH YOUR LIFESTYLE**



Stress is a common trigger factor

 Changing your lifestyle can be difficult, but you may find that positive changes lead to major improvements in your quality of life





Eat a nourishing,

Use your leisure time effectively



Get enough sleep



Manage your time properly



Take proper breaks at work



## WHAT TO DO TO PREVENT MIGRAINE ATTACK?



Avoid stress!

Eat wisely, avoiding food

that triggers migraine!



Sleep well in a dark quiet room and establish regular sleeping hours!



Eat at regular hours and do not skip meals!



Do not put unnecessary strain on your eyes!



Only drink small amounts of caffeinated beverages!



Use Physical Therapy for help and prevention



Drink plenty of water to keep hydrated

## FOODS THAT TRIGGER MIGRAINE















Caffeine

**Dairy Products** 

Meat

Eggs

Alcohol

Wheat















Tomatoes

**Onions** 

Citrus Fruits

Corn

## FOODS THAT CAN HELP PREVENT MIGRAINE



Cooked Green Vegetables (Broccoli, Spinach, Collards)



Cooked Yellow Vegetables (Summer Squash)



Cooked Orange Vegetables (Carrots, Sweet Potatoes)



Cooked or Dried Non-citrus Fruits (Berries, Pears, Prunes)



Ginger



**Brown Rice** 



**Red Capsicum** 



Water

# **TREATING YOUR MIGRAINE**

Visiting your doctor

If you think you may have migraine, it is important to get an accurate diagnosis so that you can begin to manage the condition properly.

There is no test to diagnose migraine. Therefore, it is very important to prepare well before visiting your doctor.

Make sure that you can describe:

- The location of the headache
- . How long it usually lasts
- . The severity of the pain
- · How often attacks occur
- What other symptoms you get
- · How your everyday activities are affected
- Is there a family history of headache/migraine?

