

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

Take regular
aerobic exercise



Eat a nourishing,
well-balanced diet



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!



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



Do not put unnecessary
strain on your eyes!



Use Physical Therapy for
help and prevention



Eat wisely, avoiding food
that triggers migraine!



Eat at regular hours
and do not skip meals!



Only drink small amounts
of caffeinated beverages!



Drink plenty of water
to keep hydrated

FOODS THAT TRIGGER MIGRAINE



Caffeine



Dairy Products



Meat



Eggs



Alcohol



Wheat



Nuts



Tomatoes



Onions



Citrus Fruits



Corn



Apples



Bananas

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?

