

# MIGRAINE HEADACHES

## HEADACHE HYGIENE TIPS

1. Get regular sleep. Go to bed and wake up at regular times each day. Do not sleep excessively on the weekends. Get at least 8 hours per night.
2. Eat regular meals that include a protein source. Low blood sugar can trigger a headache. Too much sugar may lead to a rapid increase in blood sugar followed by a rapid decline in blood sugar, which can trigger a headache.
3. Get moderate amounts of routine exercise.
4. Drink plenty of water. Dehydration may trigger a headache.
5. No alcohol. Alcohol may be a trigger for headaches (especially red wine)
6. Reduce stress. Stress may lead to an increase in headaches.
7. Limit caffeine. Caffeine withdrawal may cause headaches.
8. Keep a headache diary.

## POSSIBLE FOOD TRIGGERS

1. MSG (monosodium glutamate) May be found in Chinese food, instant soups and noodles, ranch dressing, flavored snacks, popcorn seasoning, and seasoned salts)
2. NutraSweet/aspartame and other artificial sweeteners.
3. Nitrites and Nitrates (may be found in lunch meat, bacon, sausage, hot dogs, ham, and meat preservatives)
4. Nuts and peanuts
5. Cheese (especially aged and dark) and other dairy products
6. Artificial food coloring
7. Chocolate or cocoa
8. Onions
9. Certain fresh fruits including ripe bananas, citrus fruits, papaya, red plums, raspberries, kiwi and pineapple.
10. Dried fruits

## REBOUND HEADACHES

1. Consistent use of pain medication (including Tylenol, Advil, and Motrin) more than two to three times a week may result in rebound headaches. If this applies to you or your child, talk to your doctor about preventative medications.
2. If you are medicating, medicate as soon as possible after the onset of headache for quicker, more effective relief.