Orange Dental And ENT Care Centre

Snore And Sinus Clinic

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Helpful tips for migraine patients



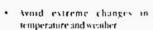
Take regular medicines as advised by your docum

Record your attacks and possible

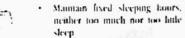
Schedule your day well, have a set time for retiring and rising

Eat well balanced regular meals

Exercise regularly







Common Triggers of migraine



- Exposure to sun
- · Skipping breakfast
- · Fasting habits
- Eating the wrong food that does not suit you
- Noise and air pollution
- Weather changes
- Fan or AC breeze
- Menstrual periods



Bus travel

Food preferably avoided by migraine patients

- · Cold drinks, colas
- Ice creams
- Citrus fruits
- Cheese (Pancer)
- Chocolates
- Fermented foods such as idli, dosa, bread etc
- · Excess tea or coffee
- Chinese food (MSG): Mono Sodium Glutamate
- · Fast food (with additives)
- · Alcoholic drinks

Tips for controlling Migraine triggers

- · Triggers of migraine are different in each patient
- Triggers may also vary from one time to another in the same patient.
- Combination of triggers may lead to a headache more easily
- · The better the control of triggers, the lesser the medicines required to control headaches
- Anything and everything can be a trigger for some sensitive migraineurs
- · You have to be your own detective and identify and avoid the factors which trigger off 'vour' migraine











