

Orange Dental And ENT Care Centre

Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.

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Helpful tips for migraine patients










-  • Take regular medicines as advised by your doctor
-  • Record your attacks and possible trigger factors
-  • Schedule your day well, have a set time for retiring and rising
-  • Eat well balanced regular meals
-  • Exercise regularly
-  • Avoid extreme changes in temperature and weather
-  • Avoid loud and irritating noise
-  • Maintain fixed sleeping hours, neither too much nor too little sleep

Food preferably avoided by migraine patients

- Cold drinks, colas
- Ice creams
- Citrus fruits
- Cheese (Paner)
- 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



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

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 'your' migraine headaches.