



## Migraine Headaches | Quick tips

**Advanced notice** | 1-2 days before migraine you may notice more subtle changes that warn of upcoming migraine:

Constipation	Mood changes - from depression to euphoria
food cravings	neck stiffness
Increased thirst and urination	Frequent yawning

**Rapid warning** | **Aura** may occur right before or during a migraine, though most do not experience this.

Auras are symptoms of the nervous system that can be a visual disturbance such as flashes of light, wavy or zig-zag vision. Sometimes auras can be touching sensations, movement or speech disturbances. Your muscles may become weak or as though someone is touching you. Auras that last longer than one hour can signal a loss of blood supply to an area of the brain - stroke.

**Attack** | may last 4-72 hours untreated, with pain on one or both sides of the head, usually throbbing or pulsing, with sensitivity to light, sound, smells and touch. Nausea, vomiting, blurred vision and lightheadedness may follow.

### Migraine Triggers

Hormonal changes in women

Foods - aged cheeses, salty foods, processed foods, skipping meals or fasting.

Additives - Sweetener aspartame, MSG, and other sweeteners may provoke.

Drinks - Alcohol, especially wine, caffeinated beverages

Stress - Stress at work or home can trigger

Sensory stimuli - Bright lights, sun glare or loud noises. Strong smells like perfume, paint thinner, smoke and others.

Changes in wake-sleep pattern - Missing sleep or getting too much sleep may trigger

Physical factors - intense physical exertion, sexual activity

Changes in environment - change in weather or barometric pressure

Medications - Hormones, oral contraceptives, vasodilators ( nitroglycerine), chronic or repetitive use of NSAIDS ( motrin, advil, aleve) or other pain medications.