

# Migraine?

Know the triggers.

## • What is a Migraine headache?

Migraine is a medical condition involving a complicated relationship between the blood supply to the brain and its nerve network. Pain receptors are activated when the blood supply is disrupted by the constricting and dilating of the arteries in the brain. Migraines often go unrecognized and untreated.

## • Symptoms

While symptoms are different for every individual and may change with each migraine, traditional symptoms include: throbbing head pain, often on one side of the head and aggravated by physical activity, sensitivity to sound, light and smell, nausea or vomiting.

## • Triggers

A wide variety of factors, including physiological, emotional and environmental factors can cause a migraine to set in. Sometimes stress or changes in sleep patterns can trigger a migraine attack. Some foods are believed to trigger a migraine. In women, hormonal factors can trigger migraines. Not everyone will react to or have the same triggers. The trick is in finding what your triggers are.

## • Treatment

Various methods of treatment help different people in different ways. Some sufferers use a cold compress on their head and lay down in a quiet, dark room. Some pain medications have been proven to help relieve migraine pain and accompanying symptoms. Other options include relaxation techniques such as meditation, yoga, massage therapy and psychotherapy.

## List of Triggers

Physiological	Environmental	Food
Stress Emotional Factors Fatigue Sleep Patterns Hormonal <ul style="list-style-type: none"><li>• Menstruation</li><li>• Menopause</li><li>• Ovulation</li><li>• Pregnancy</li></ul>	Bright Lights Intense Smells Loud Noises Missed Meal Change in Routine Weather, especially change in barometric pressure	Dairy Alcohol Chocolate Foods with MSG* Citrus Caffeine Cheese Processed Meats Nuts

*The most important way to prevent migraine headaches is to identify and avoid triggers by keeping a diary. Used effectively, a diary will enable you and your doctor to take action to prevent or manage your migraine headaches.*

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# ADVIL® MIGRAINE DIARY

✓ Check off your symptoms and make note of any factors that could have triggered your migraine attack. Review your entries often and share any patterns that emerge with your doctor. You should bring your diary whenever you visit your doctor.

Example

DATE	26/12/07	/ /	/ /	/ /	/ /	/ /
TIME OF MIGRAINE	8:46 <sup>AM</sup> <sub>PM</sub>	:	AM PM	:	AM PM	:
DURATION OF MIGRAINE	3 hours					
<b>SYMPTOMS</b>						
Location of Head Pain	front					
Intensity Scale 1 to 10	8					
Nausea	✓					
Vomiting						
Sensitive to Light/Sound/Smell	light					
Loss of Appetite						
Visual Disturbance	✓					
Other						
<b>PHYSIOLOGICAL &amp; ENVIRONMENTAL TRIGGERS</b>						
Stress						
Emotional Factors	anxiety					
Change in Sleep Patterns						
Hormonal Factors - Menopause/Pregnancy						
Day of Menstruation Cycle	3					
Bright Lights						
Intense Smells	✓					
Loud Noises						
Missed Meal						
Change in Routine - Travel/Exercise	travel					
Weather Changes						
Other - Birth Control/HRT Pills						
<b>FOOD TRIGGERS</b>						
Dairy - Cheese/Yogurt	✓					
Alcohol						
Chocolate - Dark/Milk/White	dark					
Foods containing MSG*	frozen dinner					
Citrus						
Caffeine						
Processed Meats	✓					
Nuts	✓					
Other						
<b>TYPE OF TREATMENTS USED &amp; DOSAGE TAKEN</b>						
OTC						
Rx						
Other - Cold Compress						

\*Monosodium Glutamate

## ADDITIONAL NOTES



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