Migraine Triggers



A migraine trigger acts like a switch to "set off" a migraine headache. Each person has his or her own set of triggers. Find out what sets off *your* migraines. Avoid the ones you

can. Learn to manage the triggers you can't avoid.

Diet

- Red wine or beer
- Aged cheese
- Artificial sweetener
- □ Caffeine (coffee, tea, cola)
- 🗅 Nuts
- Preserved meats (lunch meats, hot dogs)
- □ Foods flavored with MSG
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Changes

- Too much sleep
- Too little sleep
- Missed meals
- **_**____

Stress

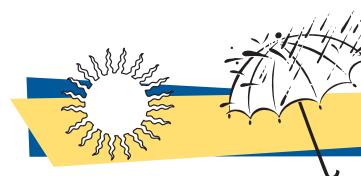
- Work stress
- Personal stress
- Strong emotions
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Environment

- Change in weather
- Change in temperature
- Strong smells
- Bright lights
- **Q**_____

Hormones

- Monthly period
- Ovulation
- Birth control pills
- Hormone replacement therapy





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