

Migraine Headaches

What are Migraine Headaches?

- **Headaches**- characterized by throbbing, severe head pain, dizziness
- **Usually**- on one side of the head
- **Sometimes**- associated with nausea and vomiting
- **First Symptoms**- are flashing lights, distorted shapes and colors, and other visual disturbances



What causes Migraine Headaches?

- **Irritation**- or Inflammation of the blood vessels in the scalp
- **Heredity**- and being a woman increases your percentage
- **Menstruation**- and ovulation and the changing hormone levels may trigger the attack
- **Other**- Perfumes, flowers, barometric pressure, high altitudes, stress and sunlight glare
- **Foods that Trigger Migraine Headaches are**- aged cheese, chicken livers, citrus fruits (fruits with sections), chocolate, red wine, monosodium glutamate (MSG), caffeine containing beverages and foods), coffee, colas, preservatives found in smoked and processed meats, alcohol, milk, wheat, egg, tomatoes, nitroglycerin, and cured meats
- **Excess**- release of serotonin, changes the diameter of the blood vessels



Are Migraine Headaches Dangerous? NO

- **Severe Migraine Headaches**- can impair the quality of life
- **It is Unsafe**- to operate heavy machinery and also to drive during an attack

What Can I do to avoid Migraine Headaches?

- **Keep a Calendar or Diary**- of foods, environment, events that seem to trigger the migraine headaches
- **Learn**- to cope with stress/anger to reduce tension, learn to relax
- **Establish**- regular eating, exercise, rest, and sleep habits
- **If the migraine headaches continue**- ask your Health Care Provider about beta blockers, ergotamine, or other preventative medications

