

COMMON MIGRAINE TRIGGERS



Knowing your triggers and avoiding them can reduce the frequency and severity of your attacks and improve your overall quality of life. Triggers vary from one person to the next — what triggers a migraine for one person, may not trigger one in another. One of the best ways to identify triggers is to keep a migraine diary and then talk with your doctor about what sets off your migraine to help find the right treatment for you.

HERE ARE SOME COMMON TRIGGERS TO LOOK FOR:



Lack of or too much sleep



Skipped meals or irregular eating schedule



Bright lights, or flickering lights



Loud noises



Fragrances, chemical fumes, or odors



Hormone fluctuations (during menstrual cycle or pregnancy; or with thyroid issues)



Stress, anxiety, or relaxation after stress



Changes in weather or temperature



Dehydration



Alcohol (often red wine)



Caffeine (too much or withdrawal)



Certain foods (including foods containing nitrates, MSG, or Tyramine)

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