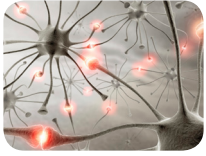


Migraine triggers



Nobody really knows what causes migraine, there is no diagnostic test or cure. However, we do know it starts deep in the brain with a misfiring of neurotransmitters, which cause a chain reaction. This results in many symptoms which affect hearing, eyesight and ability to smell, and usually ends with a throbbing one-sided headache. Exactly what triggers a migraine is very individual to each person. For most people it is rarely just one trigger but a combination of factors which

individually can be tolerated but when several occur together or accumulate, a threshold is passed and an attack is triggered.

Below is list of triggers that you might recognise, or maybe you are unaware that they could be making your migraine worse. Your triggers could be something not included here.






EMOTIONAL STRESS:

Anger	Tension	Worry	Shock	Depression	Excitement
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PHYSICAL STRESS:

Over-exertion / over tiredness (both physical and mental)	 Late nights	Change in sleep patterns	Tension in neck and / or shoulders	Travelling
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DIET / FOOD:

 Long gaps between meals	Insufficient food, fasting or dieting	Dehydration	 Coffee and tea (caffeine)	Monosodium glutamate (used as a preservative in many prepared foods)
 Citrus fruits	Onions	Seafood	Marmite	Cheese and other dairy products
 Pork	 Chocolate	Aspartame (sweetener)	Wheat	Alcohol, particularly red wine, sherry or beer

ENVIRONMENTAL:

Bright light	 Flickering / flashing lights	Loud noise	Change of climate / weather
Intense or penetrating smells		Smoking	 Stuffy atmosphere

HORMONES:

Menstruation and the premenstrual period	Puberty	 Pregnancy	Contraceptive pill	 Menopause / Hormone replacement therapy
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OTHER TRIGGERS:

Eye strain	Use of sleeping tablets	 Congested nose / sinus problems	Toothache or other dental problems
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