

## MIGRAINE INFORMATION

### TRIGGERS

Stress, fatigue, sleep excess or sleep deprivation, fasting, menstruation, estrogens, exposure to bright lights, loud noises, smells such as perfume, cigarette smoke, change in the weather pattern, alcohol, processed meats, MSG, aspartame, food coloring, caffeine withdrawal, dairy, citrus fruits, fried fatty foods, bread, pastry, pasta licorice, chocolate, nuts

### LIFESTYLE

Regular vigorous aerobic exercise. Regular sleep schedule, maintenance of adequate hydration and nutrition daily, consume 15g protein at breakfast, avoid daily use of simple analgesics to prevent headache rebound

### NON-PHARMACOLOGICAL PREVENTATIVE REMEDIES

**Riboflavin vitamin B2**, 200mg morning, 100mg lunch, 100mg dinner urine may darken, not a concern.

**Magnesium** 400mg at breakfast, watch for diarrhea

**Vitamin B 50 complex** 1 tablet at breakfast

### DRUG TREATMENT ACUTE MIGRAINE

Nonsteroidal anti-inflammatories such as ibuprofen, Naprosyn up to 3 days a week; take analgesics in room temperature sparkling water to enhance absorption, **Alka-Seltzer three tablets and Tylenol ultra caffeine two tablets stat at headache onset can be very effective room temperature water**

Triptans such as Axert, Maxalt, Zomig, Imitrex, Relpax, Frova

Up to 2 tablets a day or 12 tablets a month, costly, cannot be taken in patients with coronary artery disease, stroke, hypertension, Raynaud's phenomenon

**Preventative treatment** Tricyclic antidepressants, beta blockers, calcium channel blockers, Topamax, potential side effects unique to each class limit dairy, Gluten-free diet