

MEDIKERI'S SUPERSPECIALITY ENT CENTER

PATIENT INFORMATION PAMPHLET

MIGRAINE: LIFESTYLE MODIFICATIONS & TRIGGER MANAGEMENT

Understanding Your Triggers

Migraine attacks can be triggered by various factors. Identifying and avoiding these triggers can help reduce the frequency and severity of migraines.

Common Triggers:

- **Dietary Triggers:** Aged cheese, processed meats, chocolate, alcohol (especially red wine), caffeine, and artificial sweeteners.
- **Sleep Patterns:** Too much or too little sleep, irregular sleep schedules.
- **Stress:** Emotional stress, anxiety, and tension.
- **Environmental Factors:** Bright lights, strong smells, loud noises, weather changes.
- **Hormonal Changes:** Menstrual cycles, pregnancy, hormonal medications.
- **Dehydration & Skipping Meals:** Ensure adequate hydration and regular meals.

Lifestyle Modifications:

1. **Maintain a Consistent Routine**
 - Stick to a regular sleep schedule.
 - Eat balanced meals at regular times.
 - Stay hydrated (at least 2 liters of water per day).
 2. **Manage Stress**
 - Practice relaxation techniques such as deep breathing, yoga, or meditation.
 - Engage in regular physical activity like walking or stretching.
 3. **Monitor Triggers & Symptoms**
 - Keep a migraine diary to identify specific triggers.
 - Avoid excessive caffeine or alcohol consumption.
 4. **Modify Your Environment**
 - Use sunglasses in bright light conditions.
 - Reduce exposure to strong odors and loud noises.
 - Use blue light filters for screens.
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