

MIGRAINES

Migraines impact 40 million people in the United States and one billion globally; it is the #2 cause of disability worldwide.

While most headaches are related to stress, colds/sinus, or other problems, migraine headaches are moderate to severe headaches that last from a few hours to several days and are often accompanied by nausea and vomiting and sensitivity to light and/or sound.

While headaches are often treated with over-the-counter medicine and don't cause disruption, nearly 25% of migraine sufferers frequently lose time at work, home, or in social settings due to migraines. Further, more than 50% of sufferers have difficulty functioning or require bed rest during a migraine attack.



TIPS FOR PREVENTION



EAT AT REGULAR HOURS, DO NOT SKIP MEALS



DRINK MORE WATER & AVOID ALCOHOL



REGULAR SLEEP SCHEDULE, 6-8 HOURS A NIGHT



LIMIT TIME IN FRONT OF TV & COMPUTER



WHEN ARE MIGRAINES AN EMERGENCY?

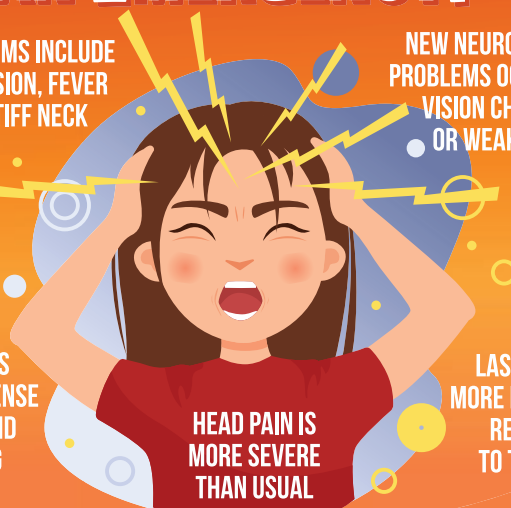
SYMPTOMS INCLUDE CONFUSION, FEVER OR STIFF NECK

NEW NEUROLOGICAL PROBLEMS OCCUR, LIKE VISION CHANGES OR WEAKNESS

SYMPTOMS INCLUDE INTENSE NAUSEA AND VOMITING

HEAD PAIN IS MORE SEVERE THAN USUAL

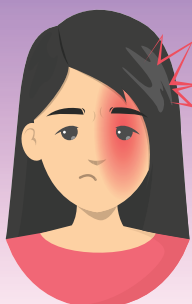
LASTS FOR 3 OR MORE DAYS WITHOUT RESPONDING TO TREATMENT



HEADACHE TYPES



TENSION HEADACHE



MIGRAINE



CLUSTER HEADACHE



SINUS HEADACHE



HYPERTENSION HEADACHE



TMJ HEADACHE

MIGRAINE-FIGHTING *at Mealtime*

Spinach, swiss chard, leafy greens and other foods rich in magnesium may offer relief—or help prevent—migraines, and headaches in general. Other foods that help are those high in Omega-3 fatty acids, like seeds and legumes, and fish such as salmon, herring and mackerel. In addition, ketogenic foods, which are low in carbohydrates and high in fat, like eggs, seafood, and non-starchy vegetables also help.

SALADS!

For a healthy, headache-busting meal, create a salad using a mix of spinach and kale, and pile on avocado, sunflower seeds, almonds, fresh (non-starchy) vegetables, eggs, and chickpeas or black beans. Top the salad with tuna or grilled salmon. If you are missing cheese, add mozzarella; be careful not to add any aged cheeses, as those can trigger headache.

