

NIPAWIN HOSPITAL

MIGRAINES/CEPHALGIA

Nutrition:

- Avoid excessive use of caffeine (no more than 2 cups of coffee a day).
- Eat regular meals (avoid long periods without eating).
- Foods to avoid that trigger headaches in some people are:

Coffee

Tea

Cola

Chocolate

Cured Meats

Meat tenderizers

Pickled foods

Bananas

Citrus Fruit

Gravy

Yogurt

Vinegar

Licorice

Alcohol

Mobility:

Avoid excessive fatigue.

Medications:

Check with Doctor with regards to birth control pills.

Treatments & Procedures:

Keep a diary of circumstances before and during headache.

Psychosocial:

Try to identify things that trigger an attack such as foods, stressful situations, drugs.