



LET US
UNDERSTAND
MIGRAINE



What is Migraine?

A common type of headache however in many people, a throbbing pain is felt only on one side of the head, which may last from 4–72 hours.

A typical migraine attack may be associated with symptoms such as nausea, vomiting or sensitivity to light and sound. Migraines are painful but, fortunately, are not life-threatening.

Migraine headaches can have the following additional characteristics:

- Pain typically on one side of the head
- Pain has a pulsating or throbbing quality
- Moderate to intense pain affecting daily activities
- Visual disturbances

Migraine Causes & Triggers?

Related to body : Stress & anxiety, sleep (excessive or less), skipping meals, fasting habit, schedule changes, hormonal changes, etc.

Related to environment : Pollution, odour(s), exposure to sun, noise(s), light(s) and bright screens, weather changes, fan or AC breeze, travel stress, bright sunlight, flickering lights, etc.

Related to food : Alcohol, cheese, paneer, processed meat, monosodium glutamate (found in Chinese food), citrus fruits, chocolate, caffeine-over usage/withdrawal, excessive tea, fast foods with additives, etc.

It is important that the trigger factors are identified as they can help prevent the migraine attacks.

How to control your triggers?

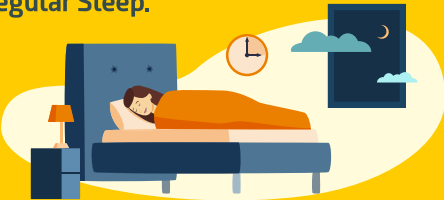
- **Watch what you eat and drink.** If you get a headache, write down the foods and drinks you had before it started. If you see a pattern over time, stay away from that item.



- **Curb the caffeine.** Too much, in any food or drink, can cause migraines. Try to slowly ease off caffeine if it seems to be one of your headache triggers.



- **Get regular Sleep.**



- **Downsize your stress.** Exercise, meditate, pray, spend time with people you love, and do things you enjoy to calm down stress.



- **Keep up your energy.** Eat on a regular schedule, and don't let yourself get dehydrated.



Migraine Diary

You have to be your own detective and identify and avoid the factors which trigger off your migraine headache.

A good way you can identify triggers is by keeping a headache diary which can include information on a range of things, however, it's often best to keep it simple and record basic information. This can include:

- Date
- Day of the week
- Duration (how long the attack lasted)
- Severity (how bad the attack was). This can either be recorded as mild, moderate or severe. Or on a scale from 1-10, where 10 is the worst pain you can imagine
- Other symptoms you experience alongside the headache such as faintness, unsteadiness, and sensitivity to light, sound, smells or any symptoms that affect your movement (e.g. numbness).
- Medication you take, including if you take a second dose
- Other important factors, if any.



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<https://www.webmd.com/migraines-headaches/migraines-headaches-migraines>,

<https://migraineresearchfoundation.org/about-migraine/migraine-facts/>,

<https://www.mayoclinic.org/diseases-conditions/migraine-headache/in-depth/migraines/art-20047242>,

<https://www.migrainetrust.org/living-with-migraine/coping-managing/keeping-a-migraine-diary/>.

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**For further information, queries or share feedback,
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