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## KNOW YOUR MIGRAINE TRIGGERS



Fasting habits



Too much or too little sleep



Skipping breakfast



Physical/Emotional stress



Menstruation



Exercise



Sun exposure



Loud noise and bright lights



Weather changes + increased humidity



Fan or AC blast



Travel stress



Contraceptive pills



Chocolate, cheese, icecream



Cold drinks, colas



Chinese food (MSG):  
Monosodium glutamate



Excess tea or coffee



Citrus fruits



Fast food (with additives)

Note: This is an indicative list of common triggers. Please identify your triggers and discuss with your doctor the ways to reduce their impact.

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## Key to better migraine management



Schedule your day well, have a set time for sleeping and waking up



Eat well balanced regular meals



Keep a record of your attacks and possible trigger factors



Do not overuse pain-killers, as they may cause more headache

## KNOW MORE ABOUT PREVENTIVE THERAPY IN MIGRAINE

Preventive therapy, when taken for the recommended period, reduces the frequency, severity and duration of migraine attacks.<sup>1</sup>

- ✓ You must take the prescribed dose of this medication everyday, even when you are not having a migraine attack.<sup>2</sup>
- ✓ These medications may take time to show benefits. Hence, stay on therapy as prescribed.<sup>3</sup>
- ✓ Stopping the medications suddenly can worsen the condition.<sup>1</sup>
- ✓ Don't discontinue the medication or decrease the dosage without consulting your doctor.<sup>1,2</sup>

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