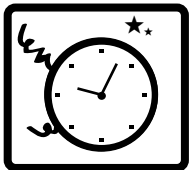


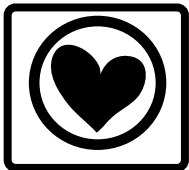


# Possible Triggers for Migraine Headaches



## Behavioral Factors

- Irregular meal patterns
- Schedule changes
- Travel (across time zones)
- Irregular physical activity



## Emotional Factors

- Crisis
- Times of intense activity
- Excitement
- Change or loss (death, separation, divorce, job change)
- Fear
- Anxiety
- Anger



## Dietary Factors

- Chocolate
- Aged cheeses
- Caffeinated beverages
- Nuts
- Alcoholic beverages
- Ice cream



## Food and Chemical Additive Factors

- Monosodium glutamate
- Aspartame (NutraSweet)
- Tyramine
- Nitrites, Nitrates



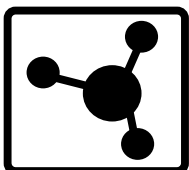
## Environmental Factors

- Weather changes
- Altitude changes
- Loud noises
- Strong odors
- Bright or glaring lights
- Cigarette smoke



## Sleep Disturbances

- Irregular sleep patterns
- Too much or too little sleep



## Hormonal Factors

- Menstruation
- Oral Contraceptives