

PREVENTION TIPS

- Get plenty of rest and keep to a regular sleep routine.
- Get regular exercise.
- Avoid loud noises and bright lights like time in direct sunlight.
- Take frequent screen breaks (computer, TV, other screens).
- Avoid smoke, perfumes, and other chemical products with strong odors.
- Reduce stress (try yoga, meditation, biofeedback, relaxation therapy, counselling).
- Stay well hydrated.
- Eat meals at regular times daily.
- Limit caffeine and alcohol.
- Identify other possible dietary triggers:
 - Processed and preserved meats
 - Aged cheeses
 - Chocolate
 - Monosodium glutamate (MSG)
 - Artificial sweeteners like aspartame
 - Citrus fruits
 - Nuts & Nut butter
 - Pickled/fermented foods

*The use of an elimination diet can be helpful to identify triggers, however, should be done with the support of a health care provider. This includes careful removal of specific foods over specific time, followed by reintroduction of the food to identify dietary the migraine trigger.

It can help to keep a migraine diary to identify what may trigger your migraines.

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MIGRAINE

WHAT YOU NEED TO KNOW

WHAT IS MIGRAINE?

A migraine is a severe headache that causes throbbing or pulsing pain, usually on one side of the head and is often accompanied by nausea, vomiting and extreme sensitivity to light and sound. Migraines are common and can last from 2 hours to 3 days.



COMMON SYMPTOMS

Some people experience warning signs before a migraine starts, such as:

- Fatigue
- Food cravings
- Excessive thirst/urination
- Mood changes
- Stiff neck
- Constipation
- Aura (sensory disturbances: dots, sparks, flashes of light or zig zags in vision, dizziness, ringing in the ears, numbness/tingling, difficulty speaking). Aura symptoms should not last longer than 1 hour

CAUSES OR TRIGGERS

- Changes in weather or altitude.
- Starting your period/menstruation.
- Stress or anxiety.
- Changes in sleep routine.
- Inadequate physical activity or sudden onset of intense activity.
- Irregular eating/missing meals.
- Dietary triggers (see prevention).
- Environmental stimuli (bright lights, loud noises, strong odors).
- Sexual activity.

TREATMENT OPTIONS

- Lay down in a dark, quiet room during a migraine.
- Painkillers such as paracetamol or ibuprofen.
- Medicines to stop nausea/vomiting.
- Your doctor may prescribe other medicines if needed.

*Try not to take high doses of painkillers too often as this can make it harder to treat your migraines.



WHEN TO SEE A DOCTOR

- Migraines are getting worse or lasting longer than usual.
- More than 1 migraine per week.
- Migraine lasting longer than 72 hours.
- Aura symptoms lasting longer than 1 hour.
- If you are pregnant or just had a baby.



SEEK EMERGENCY CARE IF YOU

- Have a headache that comes on suddenly and is extremely painful.
- Have trouble speaking.
- Loss your vision or have blurred/double vision
- Have a seizure or fit.
- Cannot move or have weakness in your arms and legs on one side of the body or one side of your face.