



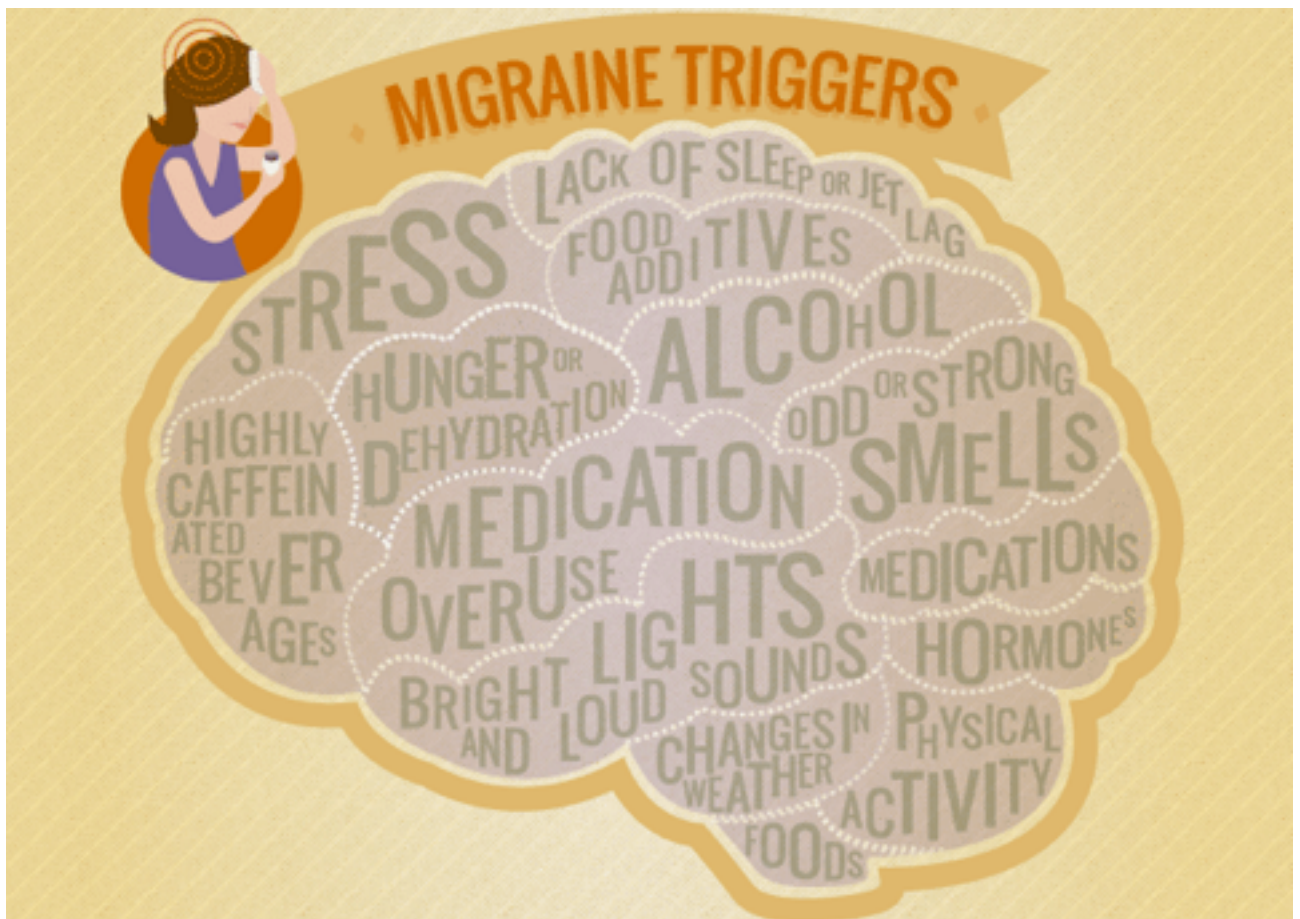


Headaches

<p>Sinus: pain is usually behind the forehead and/or cheekbones</p>	<p>Cluster: pain is in and around one eye</p>	<p>Tension: pain is like a band squeezing the head</p>	<p>Migraine: pain, nausea and visual changes are typical of classic form</p>
			



Changi Medical Centre

Migraine Headache Triggers

A wide variety of foods, drugs, environmental factors and lifestyle factors or personal events are known to trigger migraine headaches. It is not known how most triggers set off the stages of migraine, or why individual migraine sufferers are affected by particular triggers but not by others.

Foods	Medications	Environmental	Lifestyle
Aged Cheeses	Antibiotics	Flashing Lights	Emotional Stress
Chocolate	Antihypertensives	Bright Lights	Sleep Disturbances
Alcohol	HRT	Fluorescent Lights	Overexertion
Aspartame	SSRIs	Strong Odors	Menstruation
Caffeine	Vasodilators	Weather Changes	Menopause
Nuts	Oral Contraceptives	High Altitudes	Caffeine Withdrawal
Processed Meats	Nitrates	Pollution	Fasting
Smoked Fish & Meats	Cimetidine	Travel	Oversleeping
Avocados	Decongestants		
Onions & Tomatoes	Benzodiazepine		
MSG			

8 TIPS TO PREVENT MIGRAINE ATTACKS

