

This is reproduced from a booklet “Understanding Your Migraine” which is published by the pharmaceutical company GlaxoSmithKline.

## TRIGGERS OF MIGRAINE

Different sufferers are affected by different triggers—not all patients even have identifiable triggers. By familiarizing yourself with potential triggers, you can review causes that may contribute to your migraine attacks and take steps to control these in the future.

### Potential triggers

**Food and food additives** Alcohol (especially red wine), caffeinated beverages, nuts, aged cheese, nitrite/nitrate-preserved foods (hot dogs, pepperoni), smoked or pickled foods.

**Light** Strong or glaring light. Flickering lights from TV or computer screens, strobe or laser lights, or reflections.

See note below

**Smells/odors** Intense, specific food odors, cigarette or other smoke, perfumes, cleaning products.

**Dieting/hunger** Any change in eating habits: missed meals, change in schedule or dieting.

**Loud noises/sounds** Sudden or prolonged loud noises.

**Motion/travel** Reaction to motion sickness.

**Caffeine** Having more (and sometimes even having less) caffeine than you are used to can trigger migraines.

**Stress** Attacks often occur after stress—especially on weekends and holidays.

**Changes in sleeping habits** Too little, or more often, too much sleep or changes in waking times.

**Weather changes** High humidity, atmospheric pressure changes, rapid temperature fluctuations, and exposure to extreme heat or cold may bring on migraine attacks.

**Hormonal fluctuations** The frequency of women’s migraines is sometimes said to be related to hormonal fluctuation, particularly with regard to estrogen. In many women, migraines begin just prior to, or during, their monthly menstrual period or during treatment with artificial hormones, such as birth control pills or estrogen replacement therapy.

### Note:

Dr. Ciuffreda’s study covers the medical reasons concerning the effects of flickering lights.