MIGRAINE TRIGGERS

Talk to your doctor if you think your headaches are migraines.

TRIGGERS MAY INCLUDE:

- **Fluctuations in estrogen**.
- **Medications,** such as oral contraceptives.
- **Foods,** such as aged cheeses, salty and processed foods.
- **Food additives,** such as aspartame and MSG.
- **Alcohol**.
- **Skipping meals**.
- **Ongoing stress**.
- **Sensory stimuli,** like bright lights, strobes or sun glare.
- **Tobacco use**.
- **High blood pressure**.
- **Changes in sleep patterns**.
- **Intense physical exertion**.
- **Changes in the weather**.

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Source: Cleveland Clinic

For more on migraines visit HealthDiscovery.org today!