

NEUROLOGY CLINIC
KAISER PERMANENTE MEDICAL CENTER

MIGRAINE MANAGEMENT

FOODS ASSOCIATED WITH MIGRAINES

ALCOHOL

CHEESE (COTTAGE, CREAM & JACK CHEESE OK)

-CHEDDAR

-BRIE

-STILTON

-CAMEMBERT

-BLUE

CHOCOLATE

PICKLED/MARINATED FOODS

BANANAS

PORK

EXCESSIVE COFFEE/TEA/CAFFIENE

MONOSODIUM GLUTAMATE ("ACCENT")

ONIONS/GARLIC (IN EXCESS)

VITAMINS A, D, NIACIN

ARTIFICIAL FOOD COLORING

YOGURT

SOUR CREAM

NUTS/PEANUT BUTTER

BEANS/PEA PODS

PROCESSED MEATS

-HOT DOGS

-SALAMI

-HAM

-BOLOGNA

-BACON

-SAUSAGE

OTHER FACTORS

SUNGLIGHT ---

*WEAR TINTED LENSES, HATS

HIGH ALTITUDE (RAPID CHANGES)

SMOKE (ESP. MENTHOL CIGARETTES)

FUMES - PAINT, GASOLINE, PAINT THINNER, CAR EXHAUST, CLEANING FLUID, VARNISH, CITRUS

FLOURESCENT LIGHTS

*TINTED, POLARIZED LENSES HELP

LONG CAR TRIPS

*WORSE WITH SMOKER IN CAR

HORMONE PILLS

*BIRTH CONTROL PILLS

*HORMONE REPLACEMENT THERAPY

PERFUME

SKIPPING MEALS

EXCESS SLEEP

"SLEEPING IN" MAY TRIGGER

EMOTIONAL STRESS

SMOG

EXCESS NOISE

*AGGRAVATES MIGRIANES

REGULAR EXERCISE REDUCES
MIGRAINE ATTACKS