

# Migraine Triggers



A migraine trigger acts like a switch to “set off” a migraine headache. Each person has his or her own set of triggers. Find out what sets off *your* migraines. Avoid the ones you can. Learn to manage the triggers you can’t avoid.

## Diet

- Red wine or beer
- Aged cheese
- Artificial sweetener
- Caffeine (coffee, tea, cola)
- Nuts
- Preserved meats  
(lunch meats, hot dogs)
- Foods flavored with MSG
- \_\_\_\_\_

## Changes

- Too much sleep
- Too little sleep
- Missed meals
- \_\_\_\_\_

## Stress

- Work stress
- Personal stress
- Strong emotions
- \_\_\_\_\_

## Environment

- Change in weather
- Change in temperature
- Strong smells
- Bright lights
- \_\_\_\_\_

## Hormones

- Monthly period
- Ovulation
- Birth control pills
- Hormone replacement therapy



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This information is not intended as a substitute for professional medical care. Always follow your healthcare provider's instructions.

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