

## **MIGRAINES**

What is a Migraine?

Migraines are a neurological condition without a cure. Common symptoms include light and sound sensitivity, nausea, brain fog, and dizziness.

Who Can Get Migraines?

Migraines can affect anyone, regardless of age or background.

Impact on Life:

More than 90% of migraine sufferers find their daily life, work, or school affected by migraines.

Prevalence:

Over 1 billion people worldwide and 1 in 4 U.S. households experience migraines.

Migraine Stigma:

Misdiagnosis or misunderstanding of migraines is common.

### **Menstrual Migraines:**

Menstrual migraines occur around the start of the menstrual cycle. Decreased estrogen levels before menstruation may trigger these migraines.

### **Foods to Avoid for Migraines**

If you suffer from migraines, it's important to know that certain foods can trigger these painful headaches. Some common foods that may cause migraines include:

1. Aged cheeses like cheddar, blue cheese, and parmesan
2. Processed meats such as hot dogs, bacon, and salami
3. Chocolate
4. Caffeine, found in coffee, tea, and soda
5. Monosodium glutamate (MSG), a flavor enhancer used in many foods
6. Alcohol, especially red wine
7. Citrus fruits like oranges, lemons, and limes

Everyone is different, so what triggers a migraine for one person might not affect another. It's a good idea to keep a food diary to help identify which foods may be causing your migraines. If you notice that certain foods seem to trigger your headaches, try avoiding them to see if your migraines improve.