

# What can trigger a migraine?



**There are over 150 types of headaches, and migraine headaches are one of the most common. In fact, about 12% of Americans experience migraines which are usually characterized by recurrent attacks of throbbing pain on one side of the head that can last from hours to a few days. If you experience migraines, identifying and avoiding triggers can be the key to managing and preventing them.**

While different for everyone, be aware of these common migraine triggers:

- ✓ Unmanaged stress or anxiety
- ✓ Irregular sleep schedules
- ✓ Skipping meals or low blood sugar
- ✓ Sudden changes in weather
- ✓ Alcohol (especially red wine)
- ✓ Caffeine or caffeine withdrawal
- ✓ Hormonal changes
- ✓ Bright lights or loud noises
- ✓ Strong odors or fumes
- ✓ Certain foods containing monosodium glutamate (MSG), aspartame, or tyramine (aged cheeses, chocolate, processed meats, soy, and smoked fish, among others)

Keeping a diary can help in tracking and understanding the causes of migraines. Talk to a healthcare provider to discuss strategies or medications that may help you manage your migraines.