



Don't Let Migraines Freeze Your Winter Holiday

The holidays can be more than a headache for the 29.5 million US migraine patients. This season, look out for these migraine triggers:

STRESS

- * Stress is one of the biggest causes of migraine
 - * Stress is often highest during the holiday season from Thanksgiving to Valentine's Day
 - * The "coming-down" feeling after a stressful time can be a trigger

CERTAIN FOODS and DRINKS

- * Food and drink choices can affect how bad a migraine will be
 - * Caffeine and chocolate can set off migraines
 - * Alcohol can make migraines worse
 - * Red wine contains an ingredient that can trigger migraines

TRAVEL

- * Travel affects sleep patterns, which can trigger migraines
- * Air pressure or altitude changes can also cause headaches



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In a survey of migraine patients conducted by the National Headache Foundation:

66% said they get more headaches when they travel

92% said they don't ask their doctor to adjust their medicine for travel

HOLIDAY REMINDERS

❄ Find ways to fight holiday stress headaches:

- ❄ Stay within budget
- ❄ Make shopping lists and "to do" lists
- ❄ Schedule personal time

❄ Go to sleep at the same time each night

❄ Wake up at the same time each morning

❄ Regularly exercise, eat healthy, and drink in moderation to help you have a happy holiday season

Be sure you have the right medicine for this holiday season. Ask yourself if your current medication provides:

❄ Complete relief of pain and symptoms?

❄ Relief in only 1 dose?

❄ Lasting relief so you can return to your day?

If you answered "no" to 1 or more of these questions, talk to your doctor about other treatment options.