



MIGRAINE

Many factors can trigger migraines. It is important to identify those that may trigger your migraines. The most common are:

- A lack of sleep
- Stress or anxiety
- Hormonal changes
- Certain foods, such as chocolate and garlic
- Alcohol
- Excessive caffeine or caffeine withdrawal
- Skipping meals
- Intense lighting or noise or strong odours

A migraine diary is an easy and efficient way to better understand what causes your migraines and how to control them.

You can record:

- Appearance (date and time)
- Suspected triggers
- Intensity of pain (1 to 10)
- Related symptoms (nausea, sensitivity to light)
- Name and dosage of medication
- Relief following medication

It is not always easy to recognize the triggers since they may vary from one migraine to another. However, the migraine log will help you draw up the most effective treatment plan.

[illegible]