

Headache

Awareness

HEADACHE AND DIET

Dietary triggers do not necessarily contribute to headaches in all patients, and particular foods may trigger attacks in certain individuals on occasion. Be your own expert by keeping a log of the foods you have eaten before a migraine attack, and see whether the removal of these foods from your diet reduces or eliminates your headaches. Below is a list of foods that may trigger migraine headaches and should be avoided by sufferers.

AVOID THE FOLLOWING FOODS:

- Herring - pickled or dried
- Chocolate
- Anything fermented, pickled or marinated
- Sour cream - no more than 1/2 cup daily
- Nuts, peanut butter
- Sourdough bread, breads/crackers containing cheese / chocolate
- Broad beans, lima beans, fava beans, snow peas
- Foods containing monosodium glutamate (MSG)
- Figs, raisins, papayas, avocados, red plums
- Pizza
- Excessive amounts of tea, coffee or cola beverages
- Sausage, bologna, pepperoni, salami, summer sausage, hot dogs
- Chicken livers
- Alcoholic beverages

MIGRAINE

More than 29.5 million Americans suffer from migraine, with women being affected three times more often than men.

Many factors can trigger migraine attacks, such as alteration of sleep-wake cycle; missing or delaying a meal; medications that cause a swelling of the blood vessels; daily or near daily use of medications designed for relieving headache attacks; bright lights, sunlight, fluorescent lights, TV and movie viewing; certain foods; and excessive noise.

Migraine characteristics can include:

- Pain typically on one side of the head
- Pain has a pulsating or throbbing quality
- Moderate to intense pain affecting daily activities
- Nausea or vomiting
- Sensitivity to light or sound
- Attacks last four to 72 hours, sometimes longer
- Visual disturbances or aura
- Exertion such as climbing stairs makes headache worse

Diagnosis of migraine headache is made by establishing the history of the migraine-related symptoms and other headache characteristics as well as a family history of similar headaches. There is currently no test to confirm the diagnosis of migraine

CAFFEINE

Caffeine is one of several compounds that are naturally occurring stimulants in certain foods and beverages. Caffeine is found naturally and as an additive in coffee, tea, cola, certain soft drinks, and some pain relieving and migraine abortive medications.

Caffeine is a mild vasoconstrictor and stimulant and has been shown to be useful in pain and anti-migraine medications. Because of a paradoxical phenomenon known as caffeine rebound, headache patients should refrain from excessive daily use. Most headache sufferers can consume up to 200 mg. per day. However, some patients with frequent headaches should avoid its daily use completely.

A brewed cup of coffee (6oz.) contains about 60-100 mg. of caffeine. Soft drink beverages contain about 30-60 mg. per 8 oz. servings. Appropriate caffeine consumption for an adult, is no more than 300 mg daily, which is three 6-ounce cups of coffee, four cups of regular tea, or six 12-ounce colas.



SOURCE: www.headaches.org



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