
MIGRAINE INFORMATION

Fairmount Pediatrics and Adolescent Medicine

MIGRAINE PREVENTION

DEVELOP HEALTHY LIFE STYLES

- Try to sleep at least 8 ½ hrs every night and avoid sleep deprivation.
- Eat regular meals and do not skip meals.
- Identify and avoid triggers, like stress and certain foods. Some foods associated with migraine are:
 - a. **Certain cheeses like Cheddar, Brie, and Camembert**
(O.K. cheeses are American, Cottage, Cream cheese, and Velveeta)
 - b. **Chocolate**
 - c. **Nuts & peanut butter**
 - d. **Sour cream**
 - e. **Citrus fruits, bananas, raisins, figs, and plums**
 - f. **Pizza**
 - g. **Caffeinated drinks (tea, coffee or colas)**
 - h. **Alcohol**
 - i. **Fermented, pickled, or marinated foods**
 - j. **Processed foods (hot dogs, bologna, pepperoni, sausage)**
 - k. **Foods containing MSG (soy sauce, meat tenderizers)**
 - l. **Lima beans and snow peas**
- Exercise regularly.
- If you are taking pain medication, do it soon after the headache starts and try to rest in quiet area.
- Keep a headache diary. Use this brochure to start your headache diary and on follow up visit to Clinic bring it back for discussion with your physician.

TYPES OF MEDICATIONS FOR MIGRAINES:

Acute medications are given for immediate relief after a headache starts. Don't wait for the headache to set in. Please take it as soon as you think you are getting a migraine!

My acute medication is:

If it doesn't work within one hour, please take this second acute medication:

If the headache isn't gone within 3 hours and you are in pain, please call the office. If it is after hours, please ask for the pediatrician on call. Or, if you are in a lot of pain, go to the Emergency Department. They can give you medication to stop the headache.

Preventive medications are given to people who have more than 4 migraine days per month or for migraines that don't get better with acute treatments. If you have been prescribed one of these medicines, it will work best if you take it EVERY DAY. Please give it a month or two before you decide if it works., since it has to build up in your system.

My preventive medication is:

HEADACHE DIARY

- Date of headache _____
- Warning signs (aura)

- Time it began _____
- Time it ended _____
- Where is it located (front, back, one side, both sides, around eyes, everywhere)?

- How does it feel (pulsating, sharp, pressing, piercing, or dull)?

- How much pain on a scale of 1-10 (1 = mild and 10 = severe) _____
- Other symptoms (nausea, vomiting, etc.)

- Medications taken _____ How soon after start of headache? _____ Did it help? _____
- What I ate before headache

- Hours of sleep on night before headache

- What was I doing before headache started (anything important or stressful?)

- How much TV did I watch today?

- Comments

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- * When this diary is full, please make an appointment at Clinic and bring the diary when you come. If more headaches happen, write them down on another piece of paper.kane