

Basic Headache Management

General:

Keep a diary of your headaches

- a. Write what the date and time is when they start and finish
- b. Write down what triggered them
 - i. Write down what the weather is like
 - ii. Write down any stressful or physical factors associated
 - iii. Write down the food you've eaten in the last two or three hours
 - iv. Write down any other things you think may be causing your headaches.

Consider use of an app if you have a smart phone. "Migraine Buddy" or "Curelator" apps can track most of your symptoms and help you to predict your migraine triggers and better use avoidance techniques.

Standardize your sleeping and eating habits.

Control your stress and exercise regularly

Drink well. You should urinate every 3 hrs while awake at least.

Actively use the relievers that you know to make your headaches better, and take them ASAP when the headache starts. Remember to limit NSAIDs (Naproxen and Ibuprofen) to 3 doses per week for headaches at the most. Make a step-wise plan of what to do to stop your headache with your health care provider and follow it.

Some headaches are caused by vasoactive foods, especially tyramine containing foods. Watch your patterns and see if you get headaches from these kinds of foods:

Ripened cheese	Chocolate	Vinegar	Pickled food
Fermented foods	Marinated foods	Sour cream	Yogurt
Nuts or peanuts	Hot fresh breads	Coffee cake	Donuts
Onion	Fruits (esp oranges and bananas)	MSG	
Pizza	Pork	Tea	Coffee
Cola	Artificial sweeteners		Caffeine
Nitrates: (esp common in ham, bacon, sausage, lunch meat and wieners)			

There are some very good information resources you can find through SMPediatrics.com in the resources section. If you cannot control your headaches, please make an appointment to allow us to help you work on this with further resources.