

MIGRAINE

FACTS that ONE should know

WHAT IS MIGRAINE?

Migraine is a chronic neurological disorder characterized by-



Visual disturbances
(Flashing of light,
blind spots in the
vision, zig zag pattern,
sensitivity to light)



Intense, throbbing
pain in one or
sometimes
both side of head



Nausea &
vomiting



Sensitivity to
sound & smell



Tingling / pins &
needles/weakness

WATCH YOUR LIFESTYLE



Stress is a common trigger factor

- Changing your lifestyle can be difficult, but you may find that positive changes lead to major improvements in your quality of life

Take regular
aerobic exercise



Eat a nourishing,
well-balanced diet



Use your leisure
time effectively



Get enough
sleep



Manage your
time properly



Take proper
breaks at work



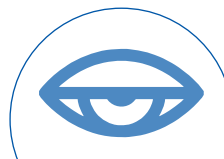
WHAT TO DO TO PREVENT MIGRAINE ATTACK?



Avoid stress!



Sleep well in a dark quiet
room and establish regular
sleeping hours!



Do not put unnecessary
strain on your eyes!



Use Physical Therapy for
help and prevention



Eat wisely, avoiding food
that triggers migraine!



Eat at regular hours
and do not skip meals!



Only drink small amounts
of caffeinated beverages!



Drink plenty of water
to keep hydrated

FOODS THAT TRIGGER MIGRAINE



Caffeine



Dairy Products



Meat



Eggs



Alcohol



Wheat



Nuts



Tomatoes



Onions



Citrus Fruits



Corn



Apples



Bananas

FOODS THAT CAN HELP PREVENT MIGRAINE



Cooked Green Vegetables
(Broccoli, Spinach, Collards)



Cooked Yellow Vegetables
(Summer Squash)



Cooked Orange Vegetables
(Carrots, Sweet Potatoes)



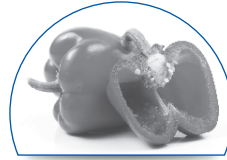
Cooked or Dried Non-citrus Fruits
(Berries, Pears, Prunes)



Ginger



Brown Rice



Red Capsicum



Water

Migraine Awareness week

(5th to 11th September 2022)

For more info Scan QR code



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Topaz
Topiramate 25/50/100/200 mg Tabs.
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Rizora
Rizatriptan 5/10 mg Tabs.
RIGHT ON TIME FOR MIGRAINE

Cetadom
Paracetamol 325 mg + Domperidone 10 mg
Effective control, desired relief

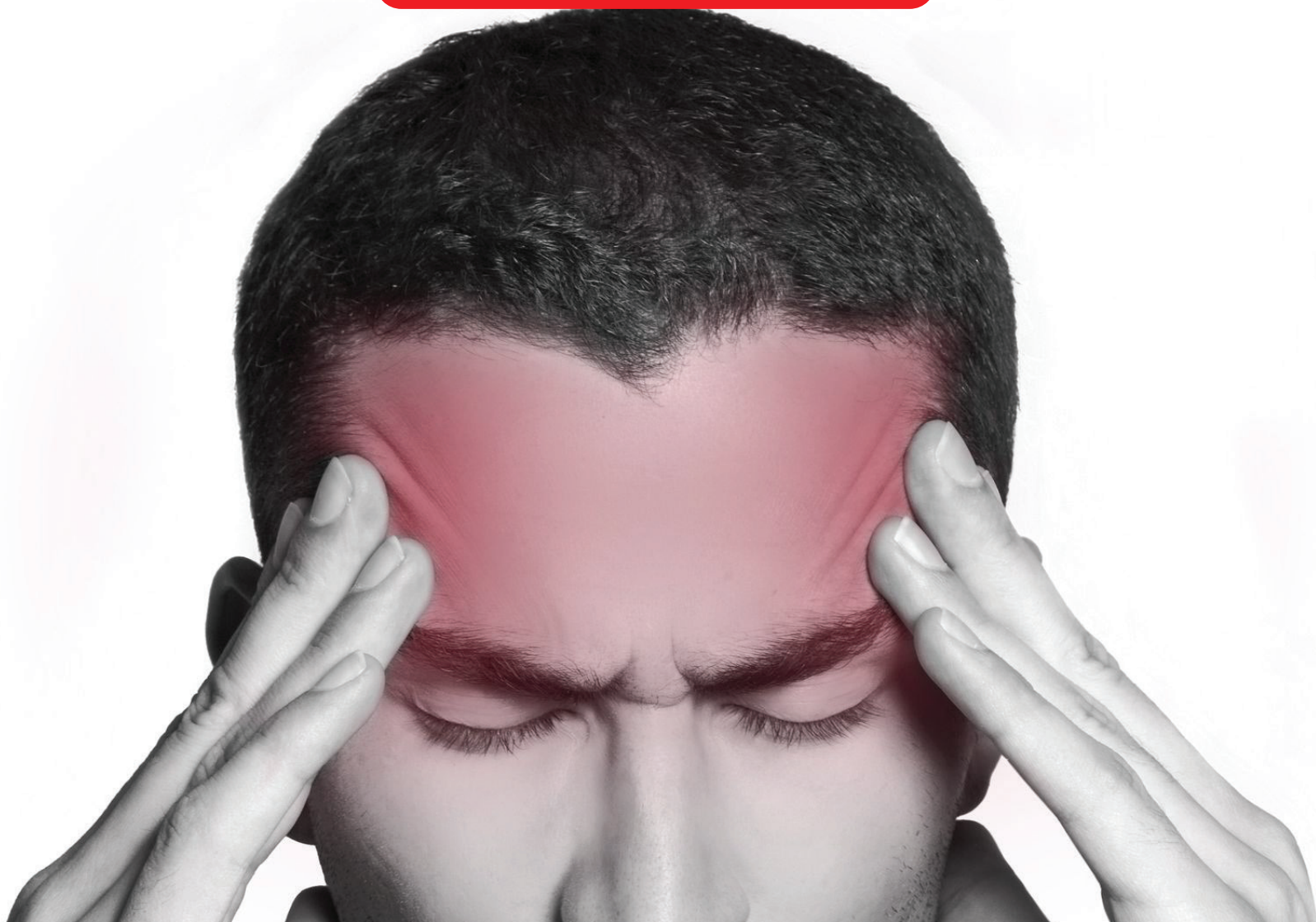
ALECTA | **INTAS**
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World's 3rd Most Prevalent Neurological Disorder*

MIGRAINE

IS NOT JUST A SIMPLE HEADACHE !

Patient Information Tear-off pad



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For
Migraine awareness week
5th to 11th September 2022