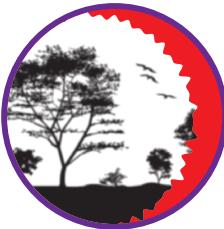


MIGRAINE

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 sides 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.
The Priceless Protection

Rizora
Rizatriptan 5/10 mg Tabs.
RIGHT ON TIME FOR MIGRAINE

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

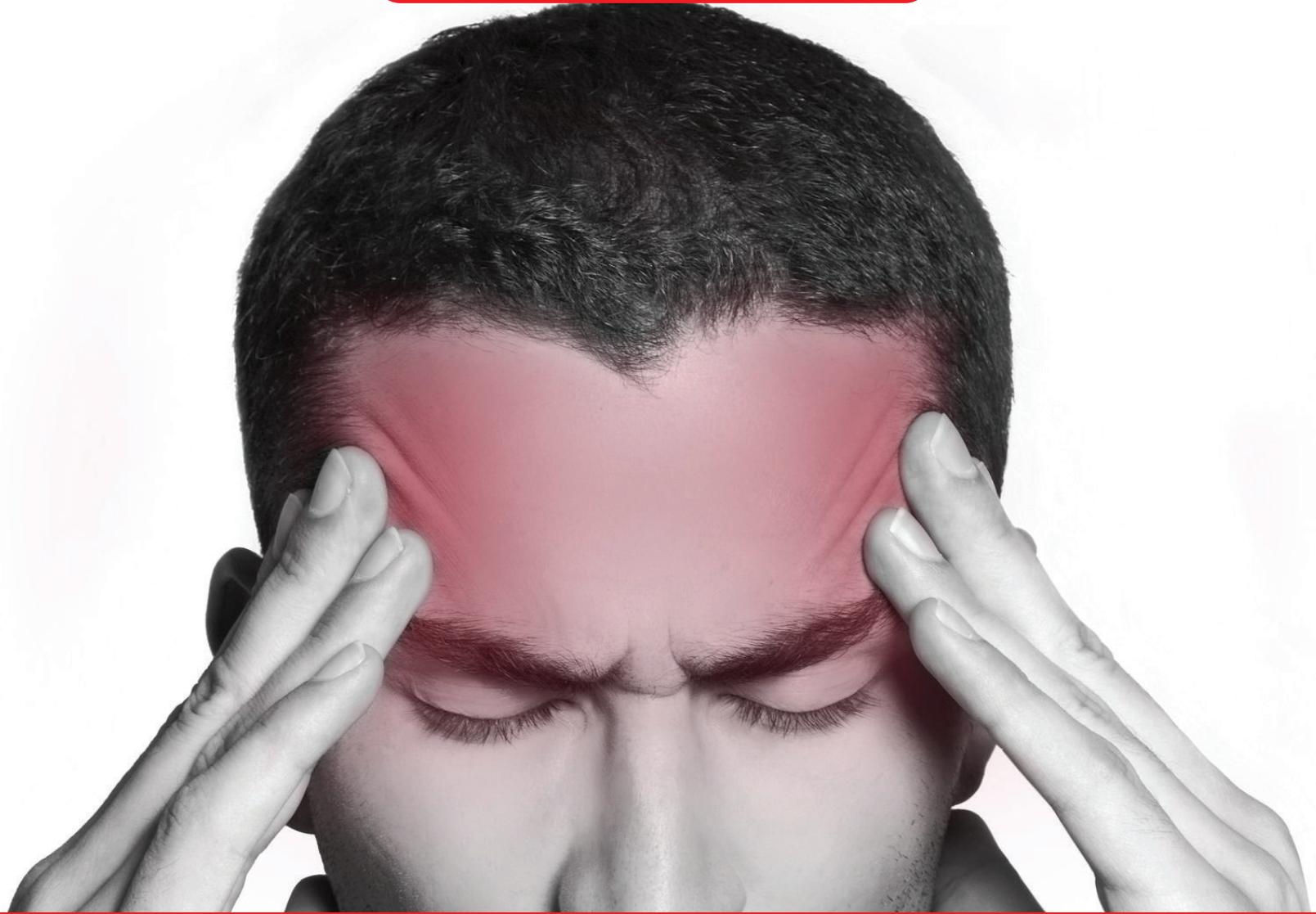
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World's 3rd Most Prevalent Neurological Disorder*

MIGRANE

IS NOT JUST A SIMPLE HEADACHE !

Patient Information Tear-off pad



ENGLISH

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For
Migraine awareness week
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