

Migraine Triggers

If you have **Migraine Associated Vertigo (MAV)**, it is worth exploring what your triggers may be in order to help you manage your condition. These triggers are also often associated with **Meniere's Disease**.

There are many possible triggers for migraine and each person's triggers will be individual to them. The best way to establish your triggers is by keeping a symptom diary and noting things like sleep times, weather, and menstrual cycle – you can look back on this after a couple of months to see if there are any patterns emerging.

It is very difficult to isolate specific food triggers. An elimination diet is the most effective. You will need to eliminate one item at a time for **at least 6 weeks** to ensure it is entirely out of your system. Your symptom diary will help you to identify what foods may be a trigger. If eliminating the item has no effect, then you can re-introduce it and move onto another food item.

Commonly, **caffeine and painkillers** can be a cause of chronic migraine symptoms (fatigue, low grade headache, 'fuzzy head', mild constant dizziness...) that linger between acute severe migraines. Expert advice is to completely cut these out rather than weaning off them. If they are triggers, you will likely feel worse for several days but then begin to feel significantly better. (Remember chocolate has caffeine in it).

Below is a list of other common migraine triggers:

Possible Food Triggers

- Aged or ripened cheeses.
- Smoked, cured or processed fish and meats.
- Foods containing monosodium glutamate.
- Fermented, pickled or marinated foods.
- Some types of alcohol – especially red wine, port, sherry, gin
- Aspartame – frequently in sugar free drinks.
- Nuts.
- Some fruits – figs, avocados, banana, citrus

Hormonal fluctuations

Changes in barometric pressure – some people find hot weather, or humid weather a trigger.

Sleep patterns – try to go to bed at a similar time each night and get up at a similar time each morning. Too much or too little sleep can both cause migraine symptoms.

Stress – consider if there are any ways you can manage stress more effectively. Regular aerobic exercise, meditation, yoga...find something fun that you love to do and make time to do it!