

# MIGRAINE CAUSES AND TREATMENT

## Common Causes for Migraines

**Gender and hormones:** Women are 3 times more likely to suffer from migraines than men. Hormonal medications, such as oral contraceptives and hormone replacement therapy, also can worsen migraines. Some women; however, find their migraines occurring less often when taking these medications.

**Allergies:** Allergies, or allergic rhinitis, cause irritation and inflammation in the body. Because migraines are associated with inflammation of the blood vessels, allergies are a known trigger for some people.

**Family history and genetics:** People with family members suffering from migraines are more likely to develop migraines themselves. Scientists have discovered a genetic mutation common in those with the most typical type of migraine.

**Environmental:** This category includes a wide range of triggers, like changes in weather, stress, food, smells, and lack of sleep.

**Drinks:** These include alcohol, especially wine, and too much caffeine, such as coffee.

**Physical factors:** Intense physical exertion, including sexual activity, might provoke migraines.

**Medications:** Oral contraceptives and vasodilators, such as nitroglycerin, can aggravate migraines.

**Foods:** Aged cheeses and salty and processed foods might trigger migraines. Skipping meals or fasting can also cause migraines.

**Food additives:** These include sweeteners such as, Aspartame and the Preservative Monosodium Glutamate (MSG), found in many foods.



## Migraine Treatments

*Always consult with your physician to discuss what option is best for you.*

- Over-the-counter medications
- Prescription medications
- Preventive medications
- Lifestyle changes
- Acupuncture
- Chiropractic care
- Massage therapy
- Meditation (can reduce pain)
- Yoga (relaxation, reduces sleep issues and anxiety/stress)
- Heat/cold
- Resting/sleep

*Source: [sleepfoundation.org](https://www.sleepfoundation.org)*



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