

## **What triggers a migraine?**

Most experts agree that migraine pain is caused by swollen blood vessels around the brain and certain nerves in the brain. However, the exact cause of migraines is not known. What is known is that certain things can trigger a migraine in some people. You will find some common triggers listed below.

### **Food and drink triggers:**

- Foods and drinks that contain additives, such as MSG (monosodium glutamate). Plus artificial sweeteners, such as aspartame, which are found in most sugar-free foods
- Chocolate
- Nitrates, which are found in cured meats such as hot dogs, pepperoni, and cold cuts
- Pickled or marinated foods
- Aged cheeses
- Alcohol
- Overuse of caffeine
- Fasting or skipping meals

### **Hormonal and environmental triggers:**

- Sudden changes in hormones before or during your period
- Bright lights, glare, or reflected sunlight
- Weather changes, such as falling temperatures or changes in humidity
- Changes in air pressure, for example, when you are flying in a plane
- Odors such as perfume, paint, dust, and certain flowers
- Smoking or being around someone who smokes

### **Stress and sleep triggers:**

- Being worn out from too much activity, lack of sleep, or even too much sleep
- Stress and worry during or after a stressful event
- Intense emotions such as depression

### **Other medication triggers:**

- Birth control pills and hormone therapy
- Overuse of headache pain medications, which can lead to rebound headaches

<http://www.relpax.com/migraine-triggers>