

HEADACHE PREVENTION TECHNIQUES

There are many different ways to manage headache. There is no simple solution and every treatment plan should be individualized. The key is to become educated about your headaches and develop a personalized approach to manage your pain. The following techniques and tips will help you gain control over your headaches so they no longer compromise your life.

Keep a headache diary

Perhaps the most important tool in headache prevention is the headache diary. It is used by doctors in determining the underlying causes and patterns related to your headache. List the foods you eat and when headaches occur. Symptoms can develop from 1 to 24 hours after eating foods that may trigger your headache. Remember to review your diary to identify any foods that are potential headache triggers. Visit www.excedrin.com to view a sample headache diary.

Avoid food triggers

A number of foods and ingredients can trigger headaches. Some of the common triggers include: red wine or white wine, other alcohol, chocolate, cheese, pickled foods, nuts, bananas, citrus fruits, monosodium glutamate (MSG), freshly baked breads (yeast), coffee, tea, cola and aspartame (food or drink). Avoid these foods if your diary indicates they are causing problems for you.

Eat a healthy diet

A healthy diet, that contains adequate amounts of vitamins, minerals and other nutrients, might make a big difference. Begin by eating regularly scheduled meals. If you don't have time to eat, get a snack such as a piece of fruit or even a glass of water.

Reduce stress at home and work

Plan ahead. Don't procrastinate; putting things off is stressful. Try relaxation and breathing exercises to help minimize stress. Relax all your muscles and take several deep, slow breaths. Make sure both your abdomen and chest expand when you breathe.

Get plenty of sleep

Maintain a regular sleep schedule. If necessary, use an alarm clock to remind you to go to bed.

Try exercising

Aerobic exercise has been shown to make an appreciable difference in reducing headaches and promoting a general sense of well-being. Even if you walk only 15 to 20 minutes a day at a brisk pace, you can reap benefits. Check with your healthcare professional before starting any exercise program.

For more headache information, visit www.excedrin.com

