



## Managing Migraines

Most people have suffered through a headache, but for those who have migraines, the pain simply isn't something a few aspirin can help. In fact, these intense recurring headaches can sometimes be accompanied by nausea and vomiting, can affect a person's vision and other senses, and can even keep people from performing normal daily functions.

Although the cause of migraines is not entirely clear, many who have migraines find that certain "triggers" may bring them on. These can include anything from bright light to particular foods, and even the weather.

Because foods are one of the most controllable factors that may lead to a migraine, avoiding some common trigger foods, such as processed meats, aged cheeses, and alcohol – especially red wine – could help. As an added benefit, limiting your intake of processed meats and alcohol could benefit your health in other ways, including helping to reduce your risk of cancer.

If you think you experience migraines, talk to your health care provider. He or she may be able to treat them or give you advice on how to stop them before they start.

Source: American Cancer Society



**For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).**