

WAYS YOU MAY BE TRIGGERING YOUR HEADACHES

Dr. Arthur Itkin, a neurologist and headache specialist with the Neurosciences Institute at Advocate Christ Medical Center in Oak Lawn, ILL, reviews some common headache triggers and the best ways to avoid them.



SLEEP

Not enough sleep, poor sleep and even too much sleep are all triggers. Aim for the recommended 7-9 hours of sleep per night and try to keep the same schedule 7-days-a-week.

SCENTS

Fragrances found in candles, perfumes and cleaning/laundry supplies can trigger headaches for some. Try unscented or organic products and ask your friends and colleagues to skip the perfume or after-shave.



DEHYDRATION

If you have a headache, it may be a symptom of dehydration. Aim for half of your body weight in ounces of water per day.

FOOD & LACK OF FOOD

Make time to eat regular meals as skipped meals can cause headaches. But, watch what you eat as certain foods like aged cheese, processed/smoked meats, fermented soy-based products and pickled foods may contribute to your headaches.



COCKTAIL HOUR

Drinking too much is a given, but drinking even a glass or two of red wine can trigger headaches for many, likely due to the histamines and sulfite preservatives higher in this form of alcohol.

STRESS

Stress is the most common trigger of a tension headache and can make getting rid of the headache more difficult. Self-massage, meditation and stretching exercises can help.



Wishing you joy and good health,
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