



MIGRAINE MANAGEMENT

Understanding migraine triggers is a helpful tool for managing migraines.

Lifestyle changes and reducing triggers for migraines may help reduce the frequency and symptoms of migraine headaches:

- Keep a diary to record migraine triggers such as certain foods, bright lights, or stress
- Exercise regularly and keep hydrated
- Establish a consistent sleep routine

Remember that:

- Overuse of medication, including over-the-counter painkillers, can increase the frequency of headaches
- Imaging tests such as CT or MRI, unless recommended by a health care provider based on your medical history, are not helpful to diagnose migraines and can lead to further unnecessary testing, stress and anxiety

Talk to a health care provider...

To find out if imaging tests are needed to diagnose the cause of your migraines and develop a plan for treating and relieving migraines.



LEARN MORE:

◀ choosingwiselycanada.org/pamphlet/imaging-tests-for-headaches

choosingwiselycanada.org/pamphlet/treating-frequent-headaches-with-pain-relievers/ ▶

