

# HealthyBy Choice

...One Day at a Time

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## Migraine and Headache Awareness

The sudden onset of a migraine means a dark room, bed and a cool towel for most of us. While these seem to come out of nowhere, many will find that there are usually some signs that a migraine attack is on its way. These signs can reveal a pattern in your symptoms, and even provide you with preventative tools for managing migraine. Everyone has different triggers, but there are a few common culprits that affect a large number of people living with migraine. When you can identify your triggers, you are one step closer to effectively managing your migraine and avoiding future attacks.

### Addressing Your Lifestyle Factors

The best way to adjust your lifestyle factors to reduce your risk for migraine attack is to practice good migraine hygiene. Migraine hygiene is the practice of taking care of yourself in a way that will reduce the likelihood, frequency, intensity, and severity of attacks. Here are some tips from the American Migraine Foundation for practicing good migraine hygiene and keeping attacks at bay.

- Make sure you're getting enough sleep and maintaining a regular sleep routine.
- Consider including regular exercise as part of your healthy routine.
- Try to eat a well-balanced diet and avoid skipping meals. Keep inventory of your known or suspected food triggers in a meal planner.
- Stay hydrated by drinking plenty of water throughout the day.
- Pay special attention to your caffeine intake and avoid fluctuations in your caffeine levels.
- Learn how to manage stress in your everyday life. While stress is largely out of your control, stress management can keep it from affecting your migraine.
- Identify your individual triggers for migraine by keeping a headache journal and take the appropriate steps to avoid them.



JUNE IS MIGRAINE AWARENESS MONTH  
Help Make Migraines Visible

## What is a Medication Overuse Headache

Medication overuse headache can be caused by prescription or over-the-counter medicines. It has three key effects: it makes migraine medication less effective over time; it causes dull, persistent head pain between migraine attacks; and it can cause the disease to progress, leading to more frequent migraine attacks in the long term. Those most at risk of developing medication overuse headache are people with migraine who have 10 or more headache days per month and treat each attack with medication.

Category	Common medications	What constitutes overuse?
Simple Analgesics	Over-the-counter anti-inflammatory pain relievers including aspirin, acetaminophen, and NSAIDs like ibuprofen & naproxen	15 or more days per month
Combination Pain Relievers	Over-the-counter pain relievers that contain a combination of caffeine, aspirin, and acetaminophen or Butalbital (Excedrin Migraine, Midol)	10 or more days per month
Prescription Migraine Medications	Prescription medications that block pain transmission, like triptans & ergotamines	10 or more days per month
Opioids	Opioid prescription-strength pain relievers like oxycodone, tramadol, butorphanol, morphine, codeine, & hydrocodone	10 or more days per month



Manage, maintain and identify!



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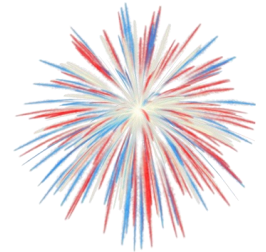


Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

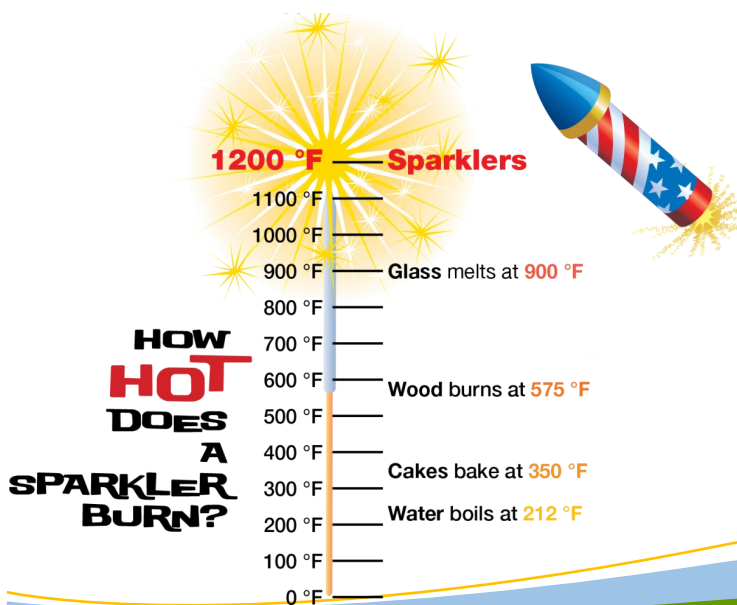
## BE CAREFUL!

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

## CONSUMER FIREWORKS



**NFPA is opposed to consumer use of fireworks.** This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



## FACTS

- Fireworks cause an average of almost 18,500 reported fires per year.
- Sparklers account for roughly one-quarter of emergency room fireworks injuries.



Be Summer Safe!

