

TREATMENT TIPS FOR MANAGING MIGRAINES

FOR PATIENTS ON INFUSIONS



A migraine is a neurologic disorder which causes a type of headache that can last for hours or even days. It may occur with symptoms such as nausea, vomiting, or sensitivity to light and sound. In most people, a throbbing pain is felt only on one side of the head and symptoms can be triggered by hormonal changes, certain foods and drinks, stress, and exercise. Here are some general tips for managing migraines for patient receiving infusions:

1. **Stay Hydrated:** Adequate hydration can help reduce the frequency and severity of migraines.
2. **Monitor Triggers:** Identify and avoid triggers such as certain foods, stress, lack of sleep, and hormonal changes.
3. **Medication Adherence:** Follow the prescribed infusion schedule and take any additional medications as directed by your healthcare provider. Infusions are typically given every three months.
4. **Lifestyle Modifications:** Practice stress management techniques, maintain regular sleep patterns, and incorporate relaxation exercises into your daily routine.
5. **Dietary Changes:** Consider dietary modifications, such as avoiding potential trigger foods like aged cheeses, processed meats, and artificial sweeteners.
6. **Regular Exercise:** Engage in regular physical activity, as it can help reduce the frequency and severity of migraines.
7. **Keep a Migraine Diary:** Keep track of your migraine episodes, including triggers, symptoms, and medication effectiveness, to better understand your condition and optimize treatment.
8. **Stay in touch with your healthcare provider:** Attend regular follow-up appointments with your healthcare provider to monitor your condition and adjust treatment as needed.
9. **Emergency Plan:** Have a plan in place for managing severe migraine attacks, including when to seek medical attention or utilize rescue medications.

FOR MORE INFO

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