

Prepare for warm weather and migraines

*****SOT*****

Dr. Aminat Ogun [AH-me-not // OG-gun], family medicine physician at OSF HealthCare

“Emotional stress can trigger migraines. Moving, changing jobs, other stressful life situations. A change in sleeping habits can trigger a migraine. Skipping a meal. Your diet: wine, aged cheese, coffee withdrawal and foods high in nitrates.” (:32)

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“They could have a headache diary where they write down what causes their headaches, where the pain is located, how long does it last, symptoms and what treatment helps.” (:15)