**MIGRAINE PREVENTION**

**What can I do to prevent a migraine?**

- Exercise regularly
- Go to sleep and wake up at the same time each day
- Do not skip meals and avoid prolonged fasting
- Limit caffeine consumption to less than 2 caffeine continuing beverages a day
- Talk with your doctor about your headaches
- Keep a headache calendar for your doctor to see. On the calendar write down each day you have one and how long it lasted. Write down what you were doing before it started, the type of pain (throbbing, dull, and/or pressing), and how bad it hurt
- Ask your doctor about medication to help you prevent your headaches
- Avoid triggers.

**Can medicine help prevent migraines?**

Yes. Medicine to prevent migraines may help if you have two or more migraines a month. They also could be used if your headaches make it hard for you to work and function. Preventive medicines can help you have migraines less often. They can also make the symptoms less severe and not last as long. These medicines include some cardiovascular drugs (also used to treat high blood pressure), antidepressants, and anti-seizure drugs. Many of these medicines are covered by your Health Plan. If you are having frequent (more than 2 migraines a month) or severe headaches, talk to your doctor to see if preventive medicines may help you.

Even with preventive medications, you may still get migraine headaches. It is important to work with your doctor to develop a treatment plan. Following this plan will help to reduce the number and severity of your migraines. If you are having trouble following your plan, or it is not working, call your doctor right away. You can get help from your doctor even at night or on the weekend. Working with your doctor may help you avoid an emergency room visit.