



TIPS FOR MIGRAINEURS

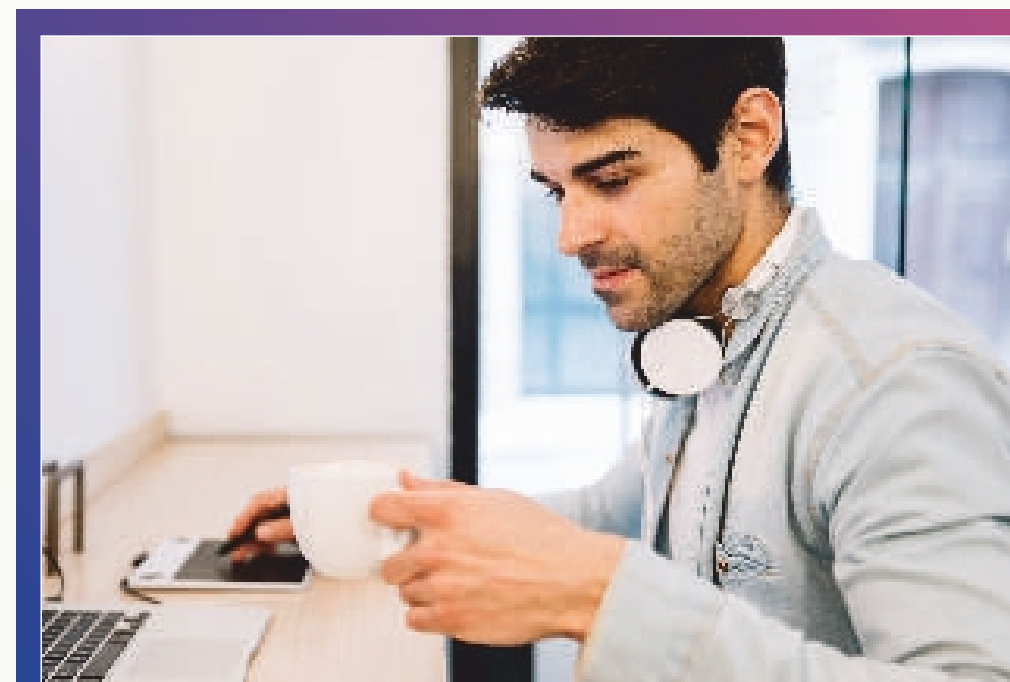


Maintain a diary to note the following;

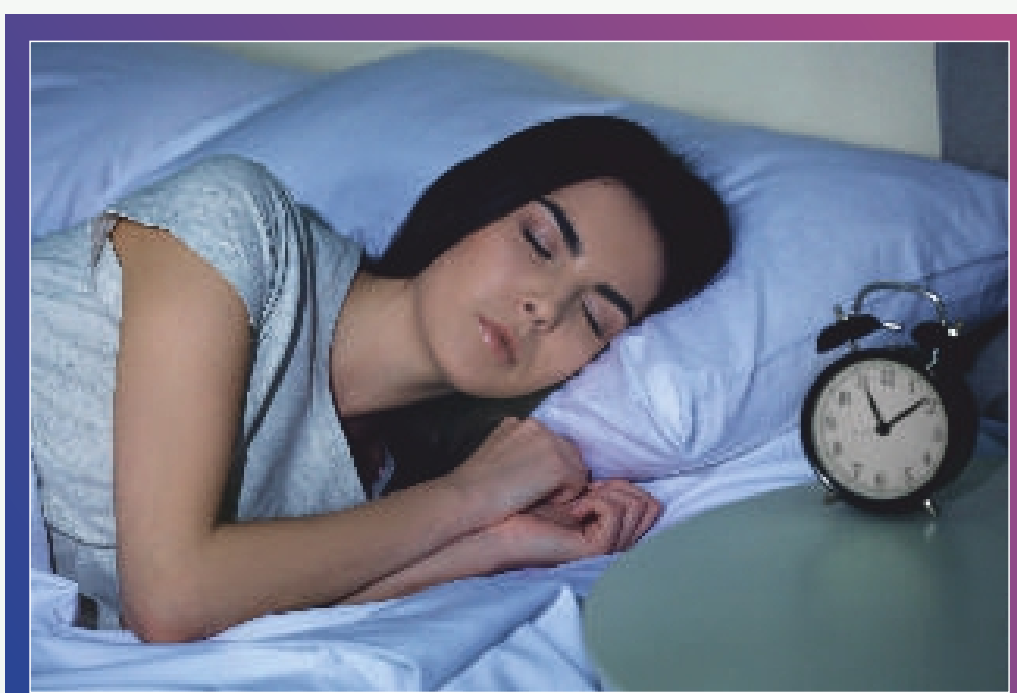
- ⦿ When it started?
- ⦿ What were you doing at that time?
- ⦿ How long it lasted?
- ⦿ How was it relieved?



Do not skip meals.
Have your food on time.

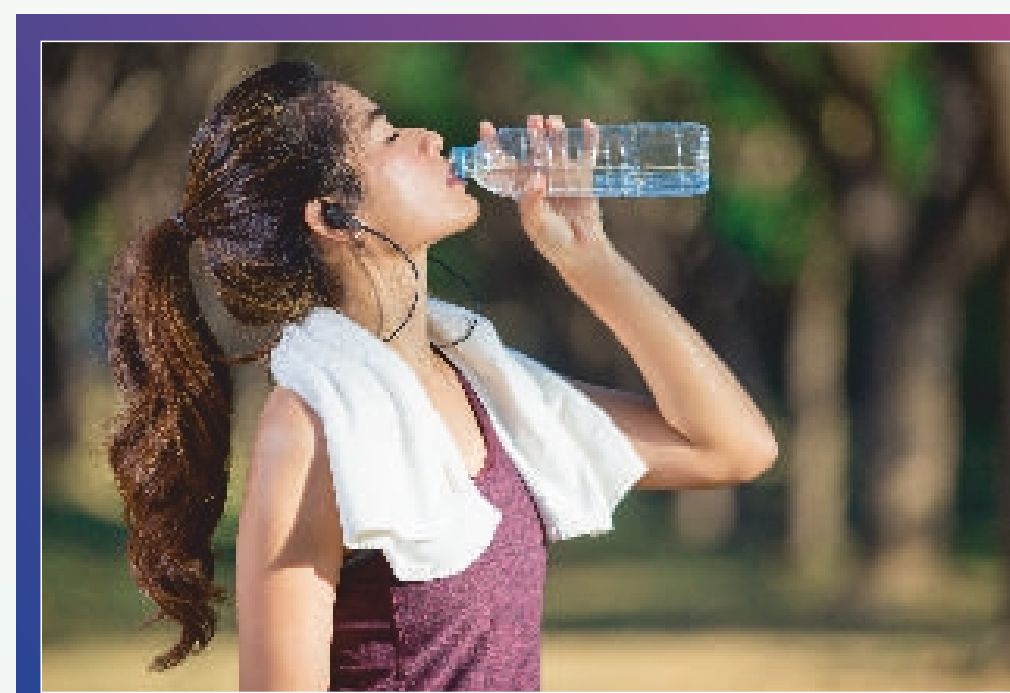


Take frequent breaks in between work, especially when you are working with a computer.



Maintain regular sleep pattern.

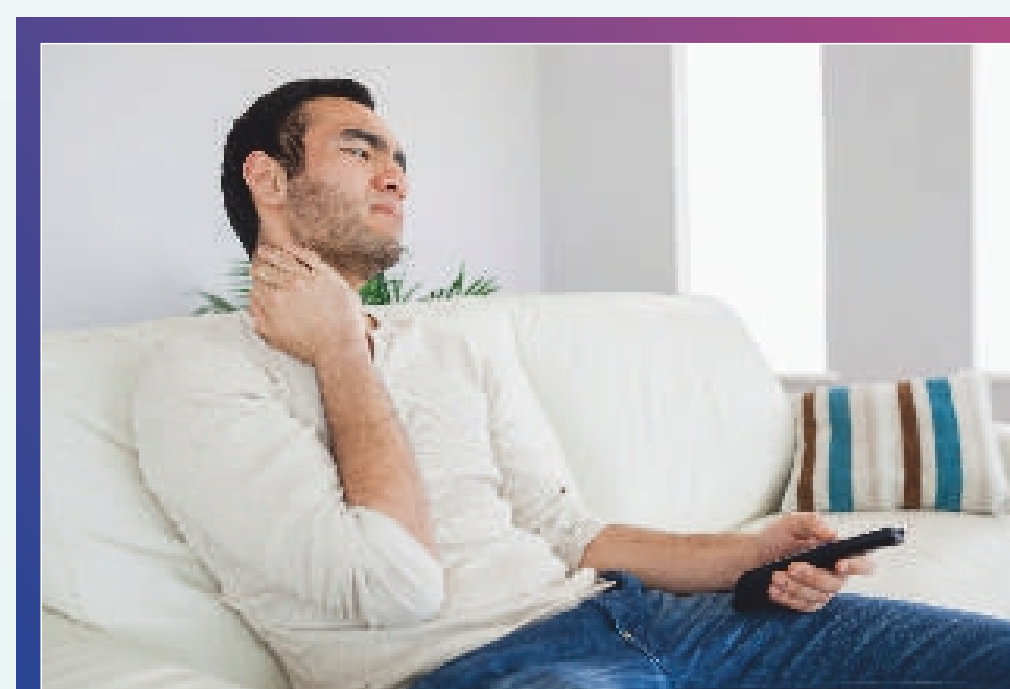
10 TIPS FOR MIGRAINEURS



Drink plenty of water (at least 2 liters a day)
Drink less coffee or tea.
Reduce alcohol and soft drinks.



Apply cold compresses to your head or neck.



Identify any warning signs (such as stiffness in the neck, etc.) of an attack.



Avoid flickering or flashing light and use sunglasses and/or a hat when going out in bright sunlight.



Exercise regularly.



Take medication as prescribed by your doctor.

1. What is Migraine? <http://www.migraine.org.uk/wp-content/uploads/2015/09/What-is-migraine-booklet.pdf>. Accessed on November 20, 2018
2. Migraine: Help at Work: <https://www.migrainetrust.org/wp-content/uploads/2015/09/Help-at-Work-The-Migraine-Trust-July-2016-1.pdf>. Accessed on November 20, 2018

Issued in public interest by



In Migraine Headache and Migraine Prophylaxis,
Divalprid-OD
(Divalproex Sodium Extended Release 250mg / 500mg / 750mg Tablets)
Restores Balance



This input is issued in public interest from Micro Labs Limited under the aegis of Micro Knowledge Academy. The content is for information purpose only and not a substitute for professional medical advice, diagnosis or treatment. Kindly consult your doctor for further information and advice.