

OHSU HEADACHE CENTER

HEADACHE TIPS

- TO AVOID MEDICATION OVERUSE HEADACHE
 - No more than 2 rescue medication per week
 - Do not take more than 8 opioids/month, do not take more than 10 triptans/month, do not take more than 5 Butalbital/ month or 10 analgesics/month.
- MANAGEMENT OF CHRONIC MIGRAINE
 - Keep a headache diary (note headache days, intensity and rescue medication taken)
 - Eat regular meals, eat snacks between meals, drink plenty of fluid (at least 1.5 L/day)
 - Exercise regularly with at least 40 minutes of cardiovascular exercise 3 times a week
 - Avoid drinking more than 200 mg caffeine per day
 - No more than 2 rescue medication per week
 - Sleep hygiene- goal to go to bed by 10 pm, can try early sunlight exposure at least once (15 minutes in the sun first thing in the morning) to reset internal clock. Sleep between 6-8 hours regularly.
 - For prophylactic adjunct therapy try 400 mg magnesium citrate daily and 400 mg of vitamin B2 (Riboflavin) daily.
 - Also consider: Co-enzyme Q10 300 mg- 600 mg daily.
 - For nausea, you can try Ginger lollipops, or ginger supplement 250 mg tablet up to 4 times a day.
 - Practice mindfulness nightly for a few minutes, close your eyes and focus on your breathing.
 - Consider Melatonin 3-6 mg at night to help with morning headaches.
 - For increase effectiveness, you can combine your triptan with an anti-inflammatory agent.
 - If you use an anti-inflammatory agent, use high dose: Tylenol 1000 mg, Naproxen 500 mg, or Ibuprofen 400 mg.

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- BRUXISM (jaw clenching, teeth grinding)
 - Practice the N-letter stretch (tongue to the palate) 6 times a day for 6 seconds at least and practice the N-letter rest (when you keep your tongue touching the palate with your mouth closed).