

Festive Season Headaches

As the holidays draw near, people across the country are looking forward to the festive season fun. Dr Elliot Shevel the chairman of the South African Headache Society maintains that these favoured holiday traditions can also bring on an unwelcome threat of headaches and for some, even a debilitating migraine attack. He has the following advice for sufferers:

- In summer, people who are prone to headaches and migraines should take plenty of fluids. Dehydration is known to trigger migraines in some people, so be sure to remain properly hydrated. It is best to drink plain water, as many carbonated soft drinks contain substances that can also trigger headaches. Substances that headache sufferers should avoid include common ingredients such as caffeine and artificial sweeteners. Drinking excessive amounts of alcohol leads to dehydration. Headache sufferers should try not to drink liquor if it is a trigger to their headache. If you do have a drink, ensure that you drink plenty of water during and following a session of indulgence. At least one glass of water to each glass of alcohol is advisable.
- Too little sleep is also a major trigger of headaches and migraines.
- A healthy diet with regular and well-balanced meals can often work wonders for a headache-prone person.
- Many headache and migraine sufferers are sensitive to bright light. Wear polarised sunglasses for protection as they are effective in cutting out glare.
- Stress is a major headache trigger and headache and migraine sufferers should try to manage stress and plan ahead of time for big family get-togethers and holidays to avoid tension headaches.

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