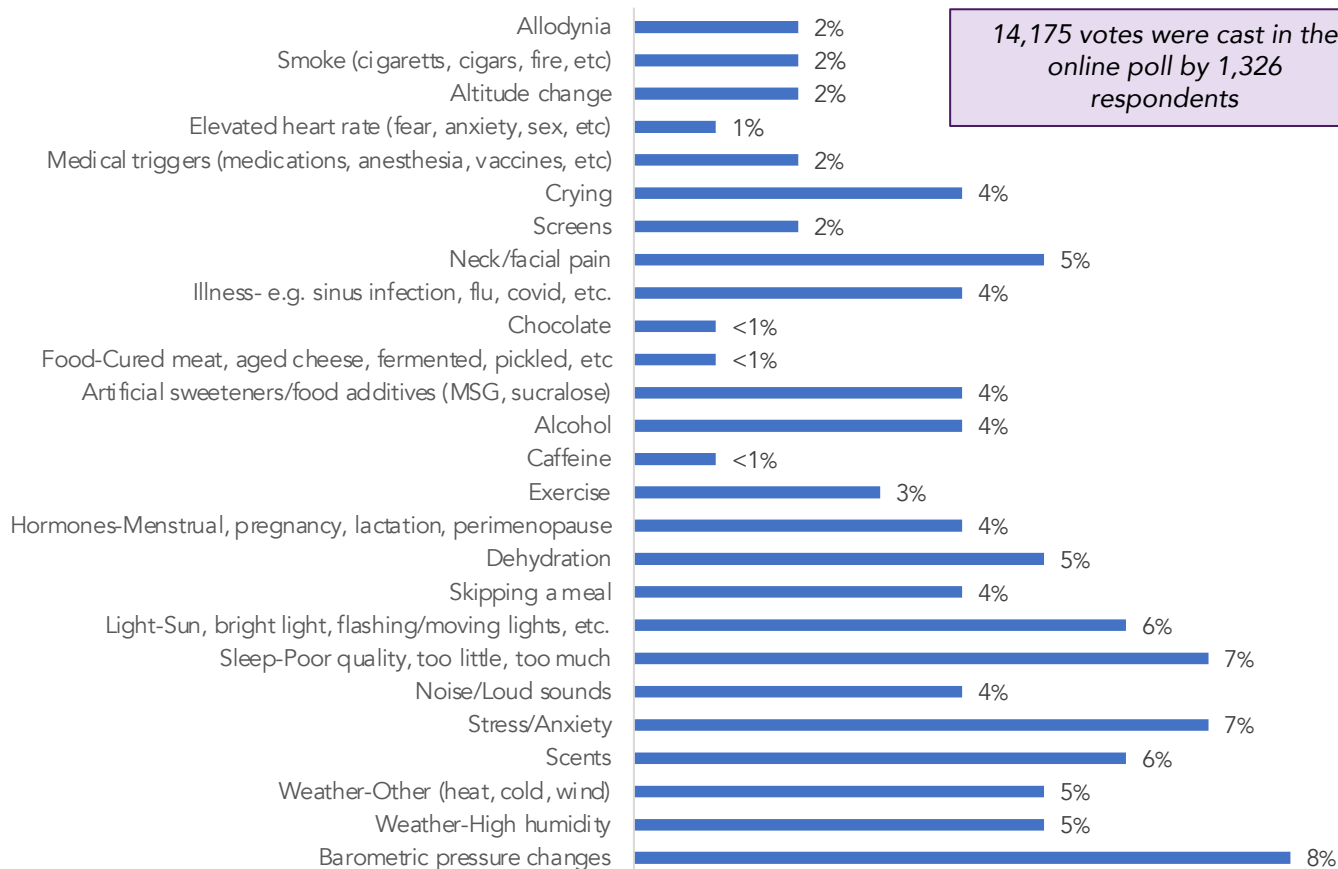


Migraine Meanderings hosted a poll that asked respondents to select **ALL** of their migraine attack triggers.

ALL MIGRAINE TRIGGERS

14,175 votes were cast in the online poll by 1,326 respondents



“ ... all of these, though it's hard to know what is an actual trigger and what is just sensitivity due to already being in a migraine state.”

—Poll Respondent

HIGHLIGHTS

The top answer, coming in at 8%, was barometric pressure changes.

The number of votes cast in this poll demonstrate the wide range of triggers people with migraine experience. While some things trigger some, and yet not others, most respondents report having many triggers. This is of interest because it could suggest that there is no one main migraine trigger, but rather a multitude of stacking triggers that bring on an attack.

The range of these triggers illustrate the true complexity of migraine disease. It also shows how difficult, or even impossible it is to fully avoid all of one's triggers.

