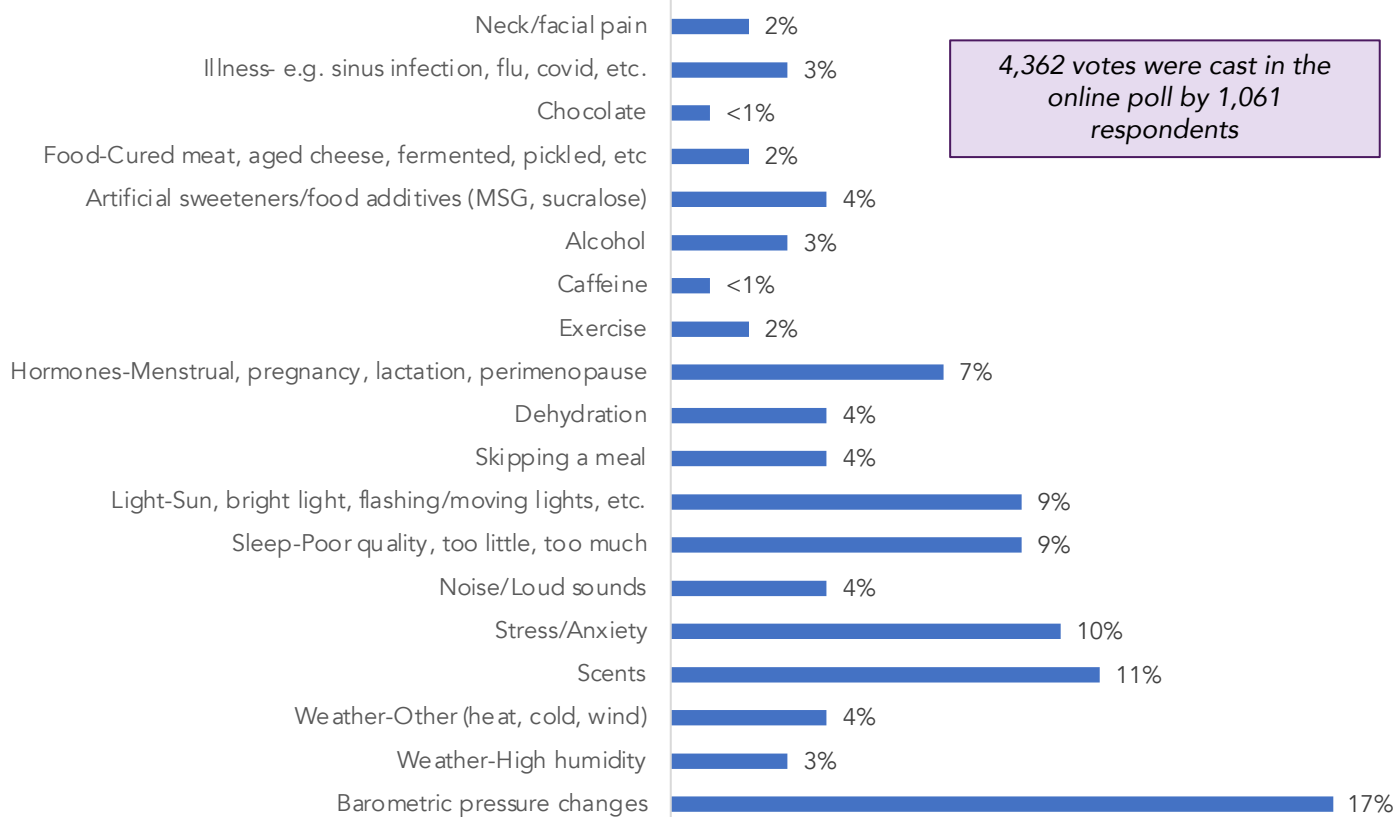


Migraine Meanderings hosted a poll that asked respondents to select their **TOP 2-4 WORST** migraine triggers.

TOP MIGRAINE TRIGGERS



" ... it was hard to pick the top 4. For me it was the top 6 and I had more, but many of those things, since I am no longer able to work, I can avoid, but would trigger [an attack] if I was to encounter."

—Poll Respondent

HIGHLIGHTS

The top answer, coming in at 17%, was weather and barometric pressure changes.

The results of this poll show that patients struggle with many different migraine triggers. There is no one trigger that stands out as something that all patients seem to have in common. What triggers an attack for some, may not pose a threat for others, which further complicates this already complicated disease. Many respondents wrote in saying it was difficult to narrow down their top triggers, as they have so many.

Avoiding migraine triggers may help reduce the frequency of attacks, but they can be difficult to identify and avoiding them may not always be possible. In addition, triggers can change over time.

The range of varying triggers those with migraine experience demonstrates the true complexity of migraine disease.

