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Migraine (Headache) Prevention Program

FOODS TO AVOID

Caffeine	Coffee, tea, iced tea and cola; taper over 2 weeks; then none. (Decaffeinated versions are OK)
Chocolate	
Cheese	Including pizza and macaroni and cheese; excepting cream, cottage and american cheese.
Yogurt & Sour Cream	
Nuts	Including peanut butter.
Processed Meats	Those that are aged, canned, cured, smoked, marinated, tenderized or containing nitrites including hot dogs sausage, bacon, salami, and bologna, or tyramine containing foods such as smoked fish and chicken livers.
Alcoholic Drinks	Especially red wine, champagne, and dark or heavy drinks; vodka is best tolerated.
Monosodium Glutamate	Chinese restaurant food, many snack foods and prepared foods, Accent and other seasoning products. READ LABEL!
Citrus Fruits & Juices	Oranges, grapefruits, lemons, limes, and pineapples and their juices.
Certain Other Fruits	Bananas, raisins, red plums, canned figs, and avocados.
Certain Vegetables	Broad, lima, fava and navy beans, pea pods, sauerkraut and onions.
Certain Bread Products	Homemade yeast breads, sourdough breads, and other yeast- risen baked goods.
Artificial Sweeteners	

OTHER THINGS TO AVOID

Bright Lights
Certain Odors

Perfumes, cigarette or cigar smoke

MEDICATIONS TO AVOID

Caffeine-Containing Medications Excedrin, Anacin, Fiorinal, Fioricet, etc.

"Sinus"/Decongestant
Medications

Actifed, Sudafed, Dimetapp, Sine-Aid, Dristan, nasal sprays,
and certain other "sinus" and cold products.

Plain antihistamines such as Chlortrimeton without
decongestants are OK. Check with your pharmacist.

Notes:

This migraine (headache) prevention program may not be fully effective until you have been on it for at least one month.

In some cases, this program may never adequately control migraine symptoms. In such case, the addition of migraine-preventing medication may be advisable.

Even if you take migraine-prevention medication, you should follow this program. Without this program, migraine-preventative medication may not have an opportunity to work.

You should strictly follow this program until your migraine symptoms are adequately controlled. Then, you may wish to "experiment" with an item you have been avoiding, trying one at a time so that you can assess its individual effect on your symptoms.

If eating or drinking an item is associated with symptoms, you should continue avoiding that item.

Keep in mind that symptoms may not occur for as long as 24 hours after consuming an item on this list.