



Patterns, Consistency, and Impact of Migraine Triggers: A Prospective Longitudinal Study

Arunav Garg¹, Mahak Golani¹, Debashish Chowdhury¹

¹GB Pant Institute of Postgraduate Medical Education and Research, New Delhi, India

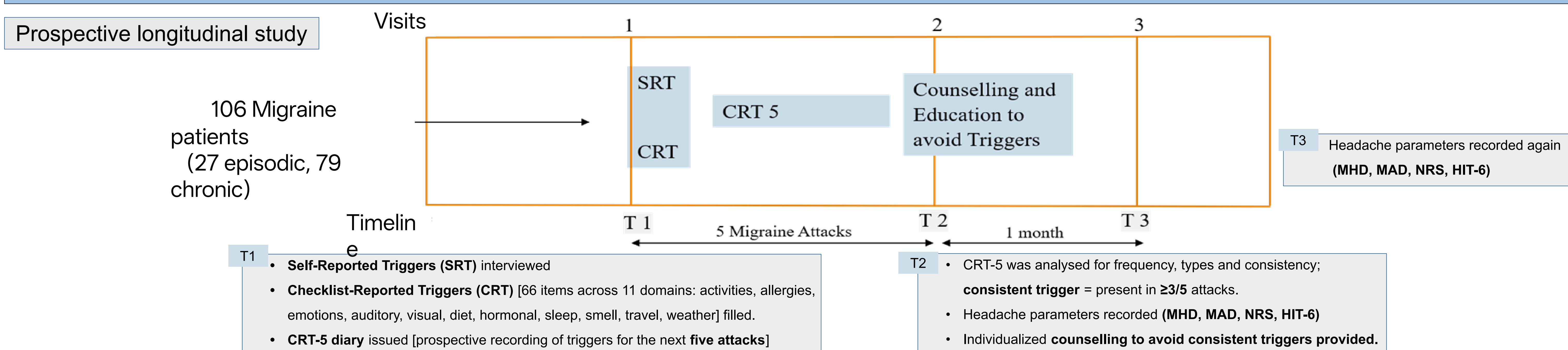
INTRODUCTION

- Most individuals with migraine report having “trigger” of their attacks, defined as any factor that leads to headache upon exposure or withdrawal.
- Migraine triggers are important to identify as they can impact management.

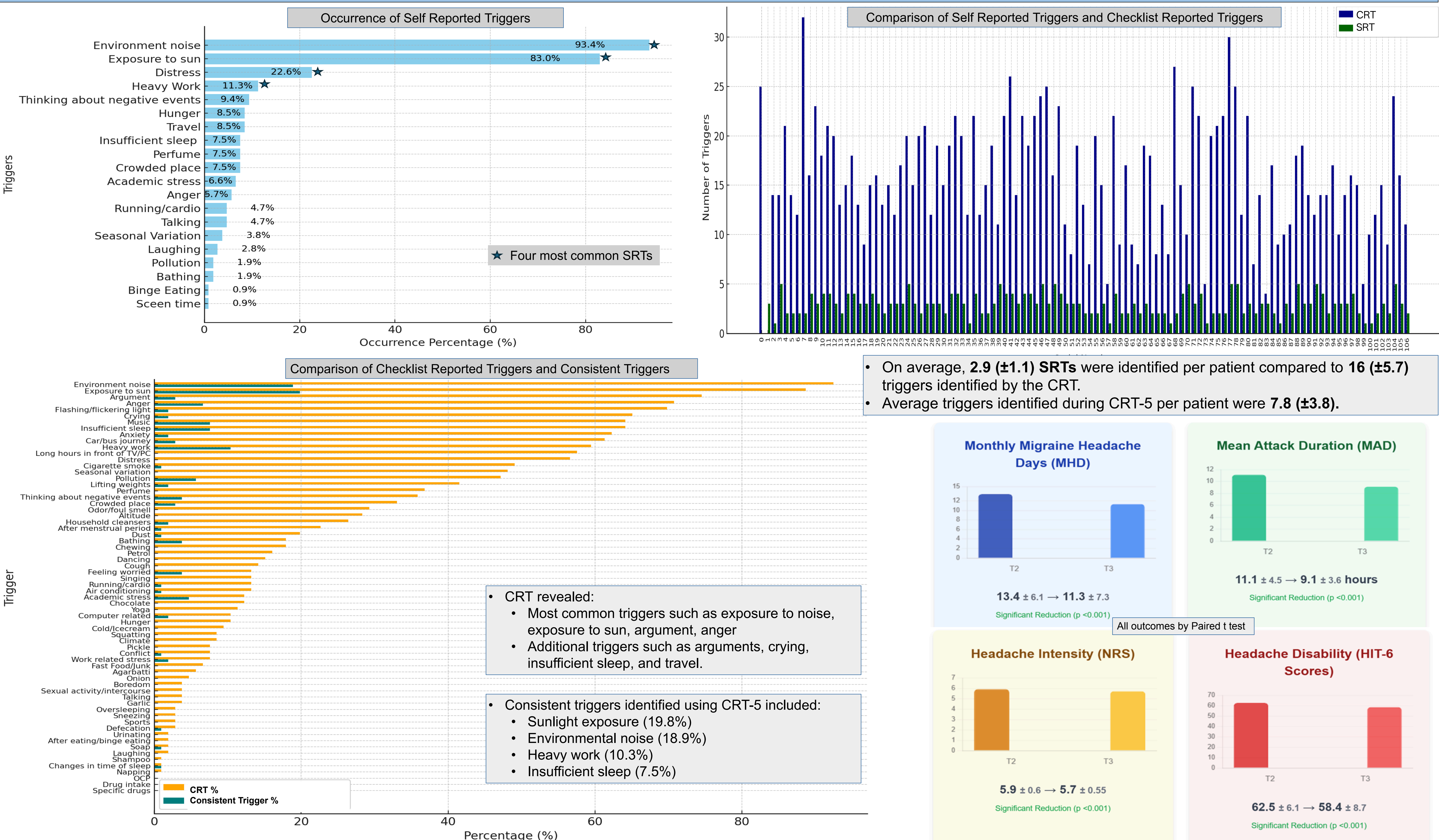
OBJECTIVES

- To study the self-reported triggers (SRTs) and compare them with checklist-reported triggers (CRTs) and assess their consistency across five migraine attacks.
- To study the effect of trigger-avoidance counseling as an add-on to the standard of care on treatment outcome.

MATERIAL AND METHODS



RESULTS



CONCLUSIONS

- Migraine patients identified significantly more triggers using CRT compared to SRT.
- Structured checklists and diaries enhanced patient awareness and uncovered less obvious yet impactful triggers.
- Personalized strategies targeting consistent triggers, along with established standards of care, improved migraine treatment outcomes by decreasing MHD, MAD, headache intensity, and disability.