

Travel Doesn't Have To Be A Pain

(NAPSA)—Many people look forward to leaving the pressures of daily life behind to go on vacation or visit with family and friends, but whether you are flying, driving or taking a train, getting there can be stressful.

While the stress of traveling can be tough for anyone, it can be more than just an inconvenience for the 29.5 million Americans who suffer from migraines. Some situations can actually trigger a migraine, such as loud noises, bright lights, a change in sleeping schedules or irregular meals.

The good news is that with some planning, you can minimize the chance that a migraine will ruin your holiday or vacation.

Know Your Triggers

“The first step is recognizing your migraine triggers so you can try to avoid them,” says Lawrence Newman, M.D., associate professor of Neurology at Albert Einstein College of Medicine and director of St. Luke’s-Roosevelt and Beth Israel Medical Center’s Headache Institute. “Migraines can be triggered by a number of stimuli while traveling, such as dehydration or air pressure changes.”

Dr. Newman says it’s important to be aware of what you eat while traveling, since caffeine and convenient snacks such as cheese, chocolate or nuts are common migraine triggers. Since there may not be many healthy snack options “on the road,” it’s important to bring your own snack so you don’t skip a meal, and a bottle of water to stay hydrated. If you’re traveling by air, remember that airlines may not serve food or beverages on the plane, even if you are delayed several hours. Be sure to purchase a bottle of water once you are past security and before boarding the plane.

When traveling by car, bus or train, you can help ensure a com-

Recognizing Migraine Symptoms

According to the International Headache Society, a headache is only a migraine if the following symptoms are present and not due to any other cause. Migraines can last up to 72 hours in adults and may include:

At least two:

- Pain on one side of the head
- Moderate to severe pain
- Throbbing pain
- Worse pain when moving or bending

At least one:

- Nausea or vomiting
- Sensitivity to light and sound

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fortable trip by taking a few extra precautions. For instance, keep sunglasses with you, because bright sunlight and glare can trigger migraines.

Since stress in general can also trigger migraines, it also helps to have a travel plan to reduce stress. “Check with your airline on their recommended airport arrival time for passengers and allowed carry-on items,” says travel expert and nationally syndicated columnist Christopher Elliott. “Give yourself at least one hour for domestic flights and two hours for international flights to check your luggage and get through security checkpoints without feeling rushed or stressed.”

What to Do if a Migraine Strikes While Traveling

Because it may be difficult to avoid certain migraine triggers while traveling, Dr. Newman recommends packing a migraine-specific medicine in an easily accessible bag in case you need to use it while traveling or if your luggage is lost or stolen.

“A migraine attack can last several hours or longer,” says Newman. “However, when taken at the first sign of a migraine, medicines like Imitrex® (sumatriptan succinate) Tablets can start to relieve the pain within 30 minutes.” Individual results may vary and patients should discuss treatment options with their healthcare provider.

Christopher Elliott notes, “If your migraine medication comes in the form of nasal spray or injection, call your airline before your trip to check security guidelines for carrying those types of medications on board the plane.”

About Imitrex (sumatriptan succinate) Tablets

If the diagnosis is migraine, then migraine-specific prescription therapies, like Imitrex, are available for the acute treatment of migraine attacks, with or without aura, in adults. Imitrex was the first prescription drug in a class of drugs called triptans to receive U.S. Food and Drug Administration (FDA) approval for the acute treatment of migraine in adults.

Patients should not take Imitrex if they have certain types of heart disease, history of stroke or TIAs, peripheral vascular disease, Raynaud syndrome, or blood pressure that is uncontrolled. Patients with risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes or smoking, should be evaluated by a doctor before taking Imitrex. Very rarely, certain people, even some without heart disease, have had serious heart-related problems. Patients who are pregnant, nursing or taking medications should talk to their doctor. For further information, please consult complete Prescribing Information for Imitrex available at www.imitrex.com.