

Identifying Headache Triggers Worksheet

	Date of trigger- Exposure	Headache Description- Describe course of headache
Aged cheese		
Alcohol		
Chocolate		
Citrus fruits		
Cured meats		
Dehydration		
Excess caffeine		
Excessive exercise		
Eyestrain or other visual triggers		
Fatigue		
Menstruation		
Medication use/missed		

lesion directly related to chronic sun exposure and photodamage.

Active immunity Production of antibodies or development of immune lymphocytes against specific antigens.

Active transport Movement of molecules across cell membranes and epithelial membranes against a concentration gradient; requires energy.

Acute coronary syndromes A general term used to describe the effects of coronary heart disease, including angina and myocardial infarction

Acute gastritis A benign, self-limiting disorder associated with ingestion of gastric irritants such as aspirin, alcohol, caffeine, or foods contaminated with certain bacteria.