

# ALCOHOL-INDUCED HEADACHE

## Supportive Management

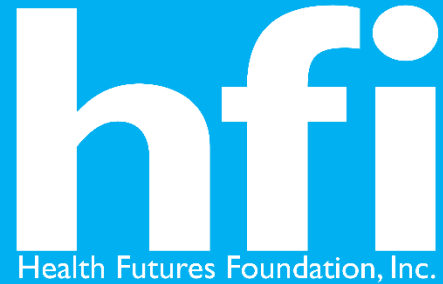
- Rehydrate the body. Replenish lost fluids by drinking water, electrolyte-rich sports drinks (e.g. Gatorade), or by having bland soups.

## Prevention

- Drink in moderation or do not drink at all. Don't drink more than what your body can handle. With a standard drink that contains 14 grams or 0.6 ounces of pure alcohol (i.e. 12 ounces of beer, 8 ounces of malt liquor, or 5 ounces of wine), moderate drinking is:
  - For men: not more than 2 drinks per day
  - For women: not more than 1 drink per day
- Eat a carbohydrate-rich meal (e.g. pasta or rice) before drinking alcohol. Do not drink with an empty stomach. Food helps slow down the absorption of alcohol.
- When drinking alcohol:
  - Alternate alcoholic drinks with non-alcoholic ones.
  - Avoid taking dark-colored alcoholic drinks (e.g. tequila, bourbon, and scotch) as they make hangovers worse. Stick with clear ones (e.g. vodka or gin).
  - Drink with food.
  - Drink slowly.
  - Don't drink the day after.

## Herbal Medicine

- **Black Brewed Coffee**
  - Take no more than 2 cups of brewed coffee a day.



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