

BETHESDA NEUROLOGY, LLC

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*Neuro-ophthalmology, Multiple Sclerosis, Myasthenia Gravis, Headache, Stroke,
Botox, Neuro-Otology, Epilepsy, Dementia, Movement Disorders, General Neurology*

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**Track headaches, visual symptoms, dizziness, light sensitivity on
a calendar and look for these associations:**

Diet (avoid as many from the list for ≥ 6 weeks)

Stress, or soon after sudden end of stress (use yoga, meditation,
biofeedback, cognitive-behavioral therapy, exercise)

Sleep: too little, also too much (ex. weekends)

Weather patterns

Heat

Light (esp. fluorescent)

Loud noises

Odors (perfume, scents, gasoline, new carpet, paint)

Menstrual cycle and/or ovulation (or a change in birth control)

Caffeine (daily use causes rebound/withdrawal headaches, max use 3
days/week)

Dehydration

High altitude

TMJ (temporomandibular joint)/teeth grinding

Over-the-counter preventative treatments:

If no GI issues/allergy, take 81-325 mg coated aspirin daily

Magnesium (any form) 200-400 mg/day

Vitamin B2 (riboflavin), not just a B vitamin, 100-400 mg/day

Coenzyme Q10 >400 mg/day