



# myMIGRAINE *Diary*



record the facts. **FIND A SOLUTION.**





# myMIGRAINE diary

If you suffer from chronic migraine headaches, you may experience symptoms several times per month. In some cases, you may experience pain and agony several times per week. The good news is, many cephalalgic attacks are avoidable.

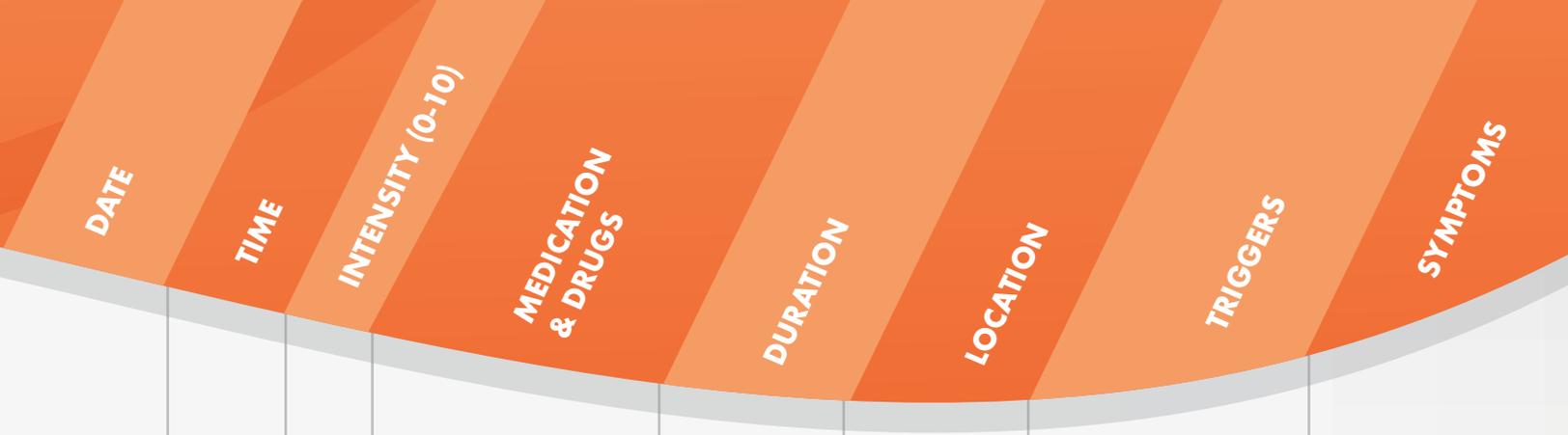
Keeping track of your bouts with migraines can help you identify patterns, which can help you find the right treatment option. Your migraine diary makes it easy to keep tabs on your headache occurrences. When you feel discomfort, jot down the time and duration of your headache symptoms. Also take notice of any medication you ingest and potential triggers that brought on the migraine.

When you schedule an appointment at the Migraine Relief Center, bring this diary to review your notes with your doctor.

“A MIGRAINE  
**IS NOT A ‘HEADACHE’**  
IT IS A NEUROLOGICAL EXPLODING PARTY  
in the brain  
**THAT PAIN HAPPENS TO BE  
INVITED TO.”**



IT HAS BEEN ESTIMATED  
**THAT 47%**  
OF THE ADULT POPULATION  
have had a headache  
**AT LEAST ONCE**  
WITHIN LAST YEAR  
**IN GENERAL.**  
- WORLD HEALTH ORGANIZATION



DATE

TIME

INTENSITY (0-10)

MEDICATION & DRUGS

DURATION

LOCATION

TRIGGERS

SYMPTOMS

1. 10/1/13 12 P.M. 8 Imitrex 2 tabs 2 hours cheeks stress dull ache

2.

3.

4.

5.

6.

7.

8.

9.

10.

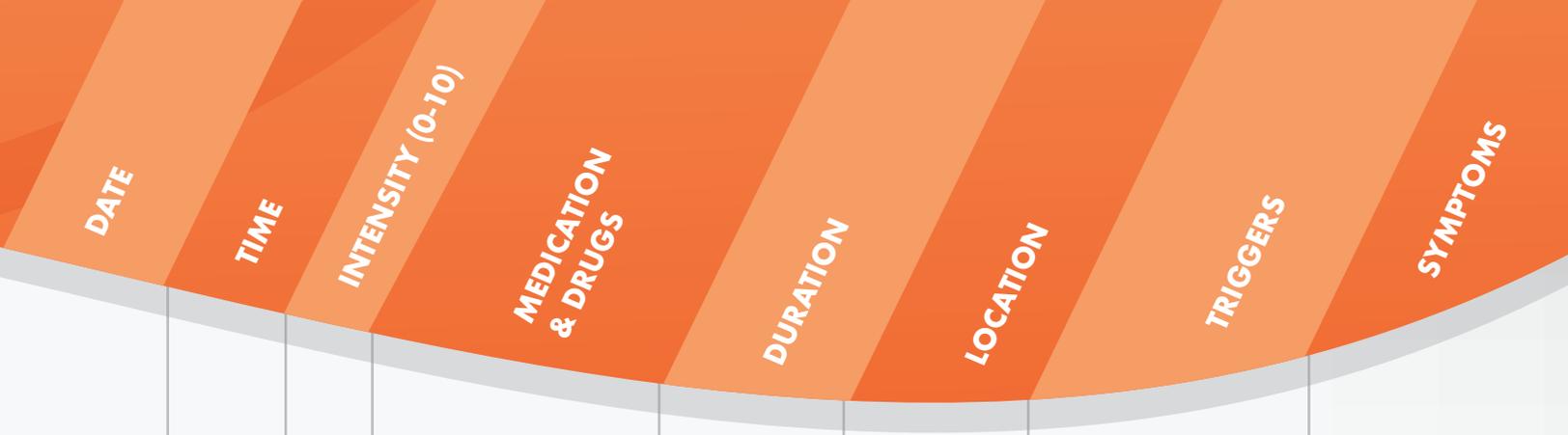
11.

12.

13.

14.

15.



	DATE	TIME	INTENSITY (0-10)	MEDICATION & DRUGS	DURATION	LOCATION	TRIGGERS	SYMPTOMS
16.								
17.								
18.								
19.								
20.								
21.								
22.								
23.								
24.								
25.								
26.								
27.								
28.								
29.								
30.								
31.								

# common **MIGRAINE** *triggers & symptoms*

- Changes in routine
- Weekend headaches
- Stress
- Sleep
- Caffeine
- Hormonal changes in women
- Light
- Computer screens/VDUs
- Lack of food
- Additives
- Alcohol
- Dairy products
- Mild dehydration
- Drugs
- Exercise
- Oral contraceptives
- Teeth grinding
- Physical conditions
- Temporary blind spots
- Blurred vision
- Eye pain
- Seeing stars
- Tunnel vision
- Throbbing, pounding or pulsating
- Dull ache
- Chills
- Fatigue
- Appetite loss
- Nausea and vomiting
- Numbness, tingling or weakness
- Sensitivity to light or sound
- Sweating
- Neck pain



**SCHEDULE  
AN APPOINTMENT**



**OR CALL US AT 855-DR-4-MIGRAINE**

