

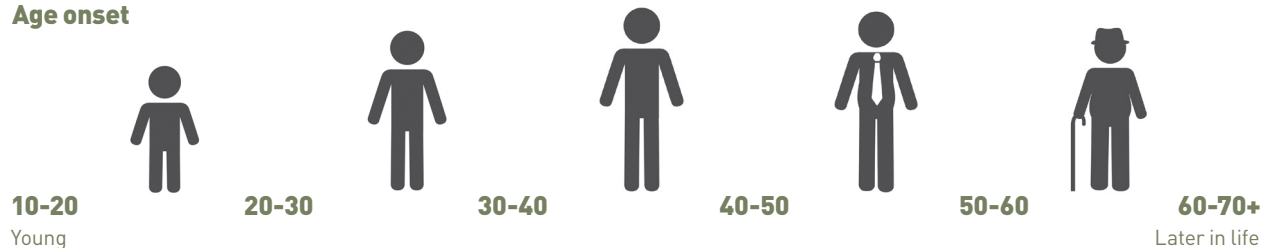


Having to live with chronic pain is difficult enough without the added burden of migraine headaches. This guide will help you to have a meaningful conversation with your health care provider. Use this tool before you go to your next appointment.

Pain level



Age onset

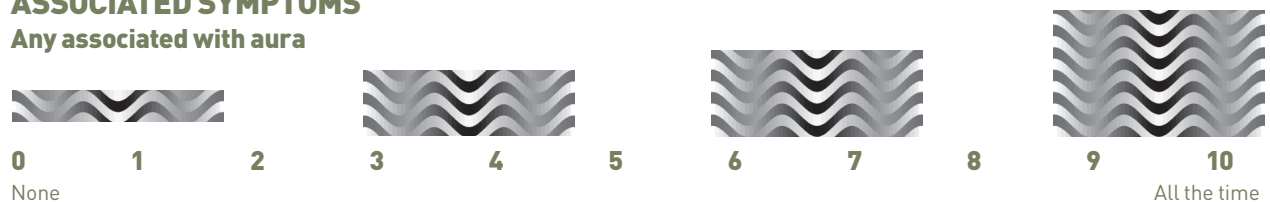


Frequency of headaches per month

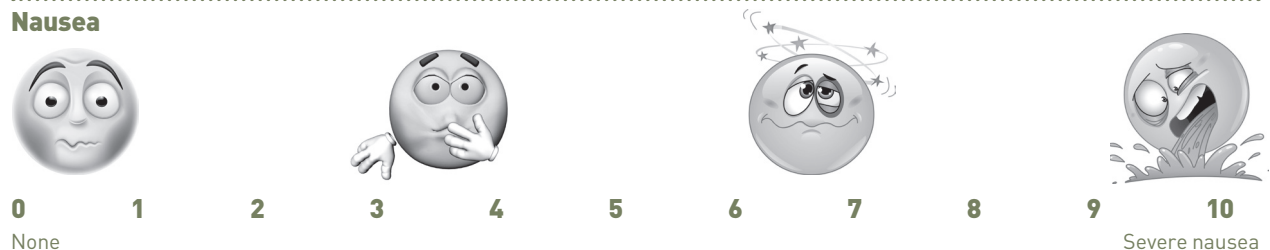


ASSOCIATED SYMPTOMS

Any associated with aura



Nausea

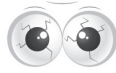


Sweating





Blood shot eyes



0

1

2

3

4

5

6

7

8

9

10

None

Severely blood shot

Sensitivity to light



0

1

2

3

4

5

6

7

8

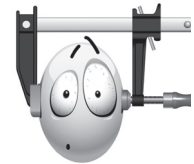
9

10

None

Extremely sensitive

Sensitivity to sound



0

1

2

3

4

5

6

7

8

9

10

None

Extreme sensitivity

Smells



0

1

2

3

4

5

6

7

8

9

10

None

Extreme sensitivity

Mood changes



0

1

2

3

4

5

6

7

8

9

10

None

Extreme mood swings

Congestion



0

1

2

3

4

5

6

7

8

9

10

None

Severe congestion



Sleep Disturbance



0

1

2

3

4

5

6

7

8

9

10

None

Severe insomnia

TRIGGERS OR MAKES PAIN WORSE

Alcohol



☐ Yes

☐ No

Food



☐ Yes

☐ No

Activity



☐ Yes

☐ No

Body Positions



☐ Yes

☐ No

Noises



☐ Yes

☐ No

Weather



☐ Cold

☐ Stormy

☐ Dry

☐ Hot

☐ Wet

☐ Other (specify) _____

Stress



☐ Yes

☐ No

Chewing



☐ Yes

☐ No

Coffee



☐ Yes

☐ No

Environment/smells



☐ Yes

☐ No

Hormone changes



☐ Yes

☐ No

OTHER TRIGGERS (please list)



WHAT MAKES PAIN BETTER (check all that apply)

- ☐ Ice ☐ Darkness ☐ Medication
☐ Heat ☐ Quiet ☐ Sleep

TREATMENTS TRIED (please list)