

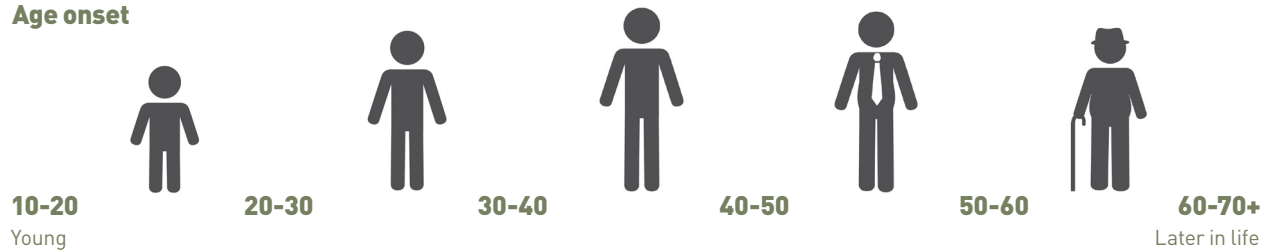


Having to live with chronic pain is difficult enough without the added burden of migraine headaches. This guide will help you to have a meaningful conversation with your health care provider. Use this tool before you go to your next appointment.

Pain level



Age onset



Frequency of headaches per month

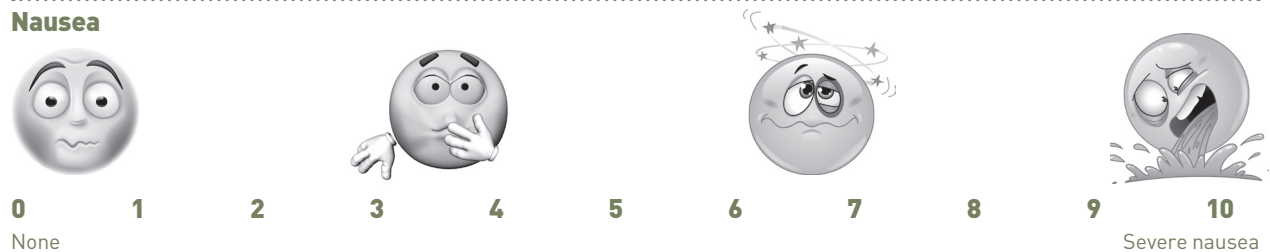


ASSOCIATED SYMPTOMS

Any associated with aura



Nausea



Sweating





Blood shot eyes



0
None

1

2

3

4

5

6

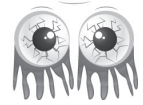
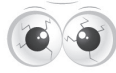
7

8

9

10

Severely blood shot



Sensitivity to light



0
None

1

2

3

4

5

6

7

8

9

10

Extremely sensitive



Sensitivity to sound



0
None

1

2

3

4

5

6

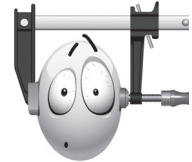
7

8

9

10

Extreme sensitivity



Smells



0
None

1

2

3

4

5

6

7

8

9

10

Extreme sensitivity



Mood changes



0
None

1

2

3

4

5

6

7

8

9

10

Extreme mood swings



Congestion



0
None

1

2

3

4

5

6

7

8

9

10

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)