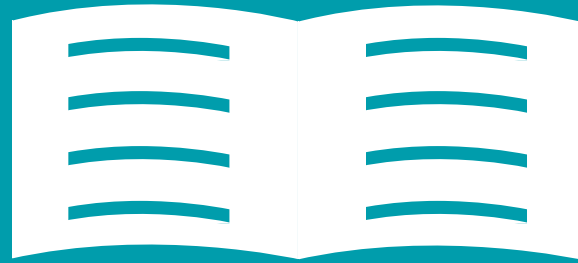




MIGRAINE ACTION



Migraine Diary

Migraine Diary

Keeping a migraine diary can be a great tool in helping you find triggers and certain patterns in your attacks, which could help you to manage or even prevent them in future. Your diary will also be a great asset for your medical professional to understand your experiences with migraine, tailoring treatment options to help you.

When rating your 'Pain Score', 1 means low pain level and 10 is severe pain. If you do not suffer from a headache or abdominal pain during your migraine attack include '0' as your score.

When you have an attack, fill in the diary as fully as you can, noting all symptoms, as well as activities and any changes 48 hours before the onset of the attack. Under 'Medication', don't forget to include **ALL** medication that you have taken for migraine and any other conditions, including over the counter medications such as aspirin and paracetamol, as well as prescribed medications such as triptans. The diary can also help to monitor the success or failure of treatments. Are there any side effects? Have the attacks become less frequent since you started taking a certain medication? Are attacks less severe? Be sure to write down the dosage of your medication, as well as any improvements or side effects experienced.

Attacks may start due to one or several triggers. Sometimes a trigger on its own may not be enough to trigger an attack, but when combined with others you reach a threshold. There are countless potential trigger factors and they differ for everybody. Make a note of lifestyle, environmental and dietary factors in the 48 hours preceding the attack. Some triggers could include; lack of food, missed or delayed meals, specific foods, hormones, noise, strong smells, stress, anxiety, lack of/too much sleep, exercise, travel, excitement, light, changes in the weather, and alcohol to name just a few. Make a note of anything that you may suspect.

For more information on migraine please visit www.migraine.org.uk, or call our helpline weekdays 10am to 4pm, on 08456 011 033*.

Month:

Migraine Action

www.migraine.org.uk

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Helpline: 08456 011 033*



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info@migraine.org.uk



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Migraine Action is a registered charity in England and Wales (no. 1152973) and in Scotland (no. SC045820)

*Helpline calls cost 5p per minute plus your phone company's access charge