

Doctor discussion guide

Sharing your migraine history

Sharing your migraine history with your health care provider is an important part of your migraine management.¹ Health care providers are often interested in 4 pieces of information about your migraine history—total number of migraine attacks/episodes, symptoms on your migraine-affected days, migraine medication use, and migraine impact on daily activities.² Complete this form before your next appointment for a more informed conversation with your health care provider.



Your number of attacks/episodes (average)^{1,2}

- How many migraine attacks/episodes do you have in a typical month? _____



Your number of migraine-affected days

During a migraine attack or migraine episode, you may experience a number of symptoms, including sudden onset of one-sided head pain.³

- How many hours/days before the migraine attack/episode starts do you feel symptoms coming on?³ _____
- How many hours/days does your migraine attack/episode typically last?³ _____
- After the migraine attack/episode ends, how many hours/days does it take for you to start feeling like yourself again?³ _____

With these 4 answers, your health care provider can calculate your number of migraine-affected days in a typical month. Try this tool to calculate migraine-affected days yourself:

SpeakYourMigraine.com/migraine-impact-tool.

- Finally, think about how many migraine-free days, or days without any migraine/headache symptoms, you experience in a month. What is that number? _____



Your migraine medication

Think about the medication you take at the onset of migraine symptoms. They may include over-the-counter medications, ergotamine derivatives, triptans, and opioids.^{4,5}

- How many days in a typical month do you treat your migraine/migraine symptoms with an acute medication? _____



Your migraine life^{1,2}

- On average, how many days per month do you miss work—paid occupation and/or domestic responsibilities—because of migraine? _____
- On average, how many events per month—family and/or social—do you miss because of migraine? _____

Describe your attitude toward migraine:



Bring this guide with you for your next conversation with your health care provider!

If you found this guide useful, share it with someone else you know who experiences migraine.

This guide is educational only and is not intended to diagnose health problems or provide medical advice or medical care. Please talk to your health care provider if you have questions about your medical care or treatment.

References: 1. Lipton RB. *Headache*. 2011;51(suppl 2):77-83. 2. Buse DC, Lipton RB. *Curr Pain Headache Rep*. 2008; 12:230-236. 3. Headache Classification Committee of the International Headache Society (IHS). *Cephalalgia*. 2018;38: 1-211. 4. Bigal ME, Borucho S, Serrano D, Lipton RB. *Cephalalgia*. 2009;29:891-897. 5. Marmura MJ, Silberstein SD, Schwedt TJ. *Headache*. 2015;55:3-20.