

INSTRUCTIONS: HOW TO FILL MY HEADACHE DIARY?

The Table:

- **Headache 0-1-2-3*:**
 - Write down your highest headache severity/disability for each day (0= headache free, 1 = mild, 2= moderate, 3 = severe).
 - ADD a star * if you missed work, could not perform your activities or needed bed rest.
- **Aura: if you have auras, track them.** V = visual. S= sensory. M=motor. C = cognitive or speech. Ve = vestibular.
- **Period: if you have menstrual cycles, identify the days of bleeding.** This can be very useful to determine if you have menstrual migraines and adjust your treatment.
- **Lifestyle: instead of writing triggers, put the focus on the protective factors and habits.** E=exercise. S=sleep routine. M=meditation. R=relaxation. Any code you choose is good.
- **Tx = write the names of the acute treatments that you use.** You may use initials (Z=zomig, N=naproxen...) especially if you use many and regroup them by categories (NSAIDs, triptans...)
- **Effectiveness of acute treatment:** if you have treated an attack, what was the result? F=faillure, P=partial benefit, S=success, R=recurrence (pain comes back the same day). E = side effects.
- **Stable Prev:** Write the name(s) of preventive meds that you are already taking with the doses.
- **New Prev:** write the name of the new preventive you are trying and track the dose changes so you can monitor your response.
- **Notes:** use this column to track anything else.

The Summary:

- Write the number of days for each severity level, then calculate a total of headache days per month.
- At the end of the acute tx rows, you have a space to count how many days per month you used this treatment.
- Sum the total number of days where you took ANY acute treatment. This helps to detect overuse.
- Before your appointment, make the counts on your diary sheets.
- Think about the treatments you tried. Were they useful? Do you wish to keep them? Try others?
- Please do not forget to bring your diary to your appointment!
- **Your diary will make your appointment more useful for you.**