

IT'S TIME TO TALK ABOUT YOUR MIGRAINE

Start a new conversation with your healthcare team about a simpler way to manage migraine

If migraine is constantly on your mind and you aren't satisfied with your current treatment, you are not alone. Taking the initiative to start a new conversation with your healthcare team is a great first step towards simplifying your migraine management.

You may have already had many discussions with your healthcare team throughout the trial-and-error process of searching for the right treatment. But due to the complexities of migraine, finding a solution for all the problems migraine causes has been challenging.

By using this guide, you can lead a focused conversation on how migraine attacks impact your life and work towards better migraine management.

Answer the questions below and bring the completed guide to your healthcare team

On average, how many days per month do you have a migraine attack?

1 2 3 4 5 6 7 8 9 10+

What symptoms do you experience leading up to an attack?



tiredness



nausea



light sensitivity



sound sensitivity



gastrointestinal
issues



aura

Describe any
additional symptoms

How severe is your typical migraine attack? How long does an attack usually last?

Severity ○ ○ ○
Mild (very little pain) Moderate (painful) Severe (a lot of pain)

Duration ○ ○ ○ ○ ○ ○ ○
<4 hours 4-6 hours 6-8 hours 12-24 hours 1 day 2 days 3+ days

Do you have specific triggers that often lead to a migraine attack?



alcohol



caffeine



dairy foods



lack of sleep



light



sounds



stress



weather

Describe any
additional triggers

What are you currently taking to treat and/or prevent migraine attacks?

List your
current treatments

How often do you avoid or delay taking your migraine treatments?

○ ○ ○ ○
Never Sometimes Often Always

Describe why you avoid
or delay taking treatments

Migraine can affect your daily life

Conversations between you and your doctor may be focused mainly on treatment strategies. But the impact of migraine on your day-to-day life is more than just the symptoms you experience during an attack.

Consider the questions below and discuss with your doctor the impact that migraine has on your life.

Are your treatments and strategies for managing migraine attacks disruptive to your day-to-day life?
(e.g. Carrying multiple medications, isolating during an attack, side effects, etc.)



Briefly explain how
your treatments/strategies
disrupt daily life

How often do you have to make hard decisions to avoid triggering a migraine?
(e.g. Not having certain foods or drinks, avoiding noisy situations, skipping social events, etc.)



Briefly explain how
avoiding triggers is
impacting your life

How often do you miss work or social events due to migraine?



Briefly explain how
missing work or social events
is impacting your life

How often do you feel ineffective at work or unable to enjoy your personal life due to migraine?



Briefly explain how feeling
ineffective at work or being
unable to enjoy your personal
life is impacting you

(continued)

Do you feel satisfied with your current migraine attack treatment strategies?

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Not at all A little Moderately Very Completely

Add additional
notes here

Do you feel confident in any preventive treatments you are taking or in your strategies to prevent migraine attacks?

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Not at all A little Moderately Very Completely

Add additional
notes here

**FIND A SIMPLER WAY
TO MANAGE MIGRAINE**

Expect more from your migraine management and don't let setbacks deter you. After you complete this guide, bring it to your next appointment and discuss it with your healthcare team.