

Doctor Discussion Guide

Speaking of migraine...

Here's an easy way to document your migraine. Healthcare providers often care about 4 things—Total # of Migraine Attacks/Episodes, Migraine-Affected Days, Your Migraine Medications, Your Migraine Life—not just how painful the attacks are. Fill this out before your next appointment for an even better conversation.



Total # of Attacks/Episodes (average)

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



Total # of Migraine-Affected Days

Migraine attack or migraine episode is the second phase of migraine. During this phase, you may experience a number of symptoms, including sudden onset of one-sided head pain.

How many hours before the migraine attack/episode starts do you feel symptoms coming on?

How many hours does your migraine attack/episode typically last?

After the migraine attack/episode ends, how many hours does it take you to start feeling like yourself again?

With these 4 answers, your healthcare 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 you experience per 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, ergotamines, triptans, and opioids.

How many days in a typical month do you treat your migraine symptoms with medication?

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Your Migraine Life

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:



Your Migraine Spoken

Now, you can have a more productive conversation with your healthcare provider. It's time.

Help another person speak. If you found this guide interesting and useful, share it with someone else you know with 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 healthcare provider if you have questions about your medical care or treatment.