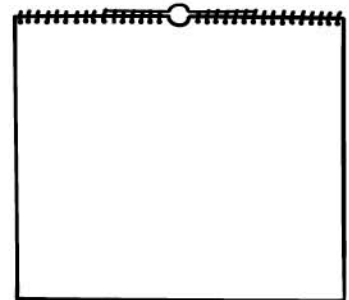


# Speaking of Migraine

Migraine is a complicated disease that can be difficult for others to understand. We can help you find the words to explain its day-to-day impact to your doctor. It's about 4 things—**Total # of Migraine Attacks/Episodes, Migraine-Affected Days, Your Migraine Medication, Your Migraine Life.** If you can speak about these 4 things, everyone should hear you more clearly.

## Total # of Attacks/Episodes (Average)

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



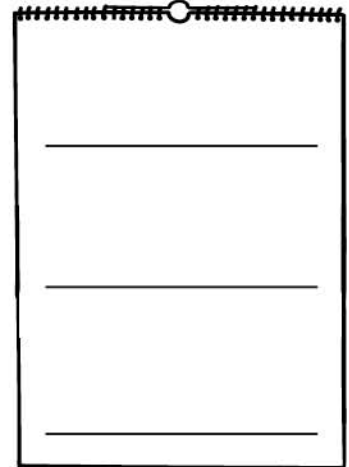
## Total # of Migraine-Affected Days

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 doctor can calculate your number of Migraine-Affected Days in a typical month. Try a tool to calculate Migraine-Affected Days yourself at [SpeakYourMigraine.com/migraine-impact-tool](https://speakyourmigraine.com/migraine-impact-tool)

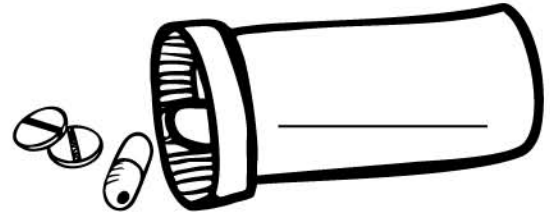
Finally, think about how many migraine-free days you experience per month. What is that number?



## Your Migraine Medication

Think about the medications you take at the onset of migraine symptoms. They may include over-the-counter pain medications, ergotamines, triptans and opioids.

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



## Your Migraine Life



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

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On average, how many events per month—family and/or social—do you miss because of migraine?

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Describe your attitude toward migraine:

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## You've Just Spoken Your Migraine.

You now have a written record that can help keep your next conversation about migraine focused on important things, so your doctor (and everyone else) can understand you better.