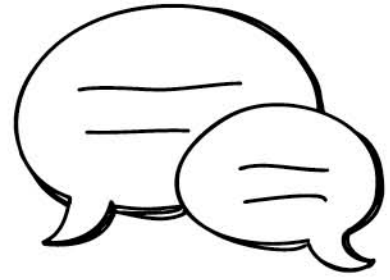


Speaking of Migraine



Learn how to #SpeakYourMigraine to your doctor.

The *total impact of migraine on your life* is what doctors care about most, not just how painful the attacks are. For your next doctor appointment, consider thinking about these 4 things:

Total # of Migraine Attacks/Episodes, Migraine-Affected Days, Your Migraine Medication, Your Migraine Life

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

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

We've just estimated the time impact of your migraine! Keep going.

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? _____

Hopefully that was an easy one. One more to go!

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:

That's it. You've Just Spoken Your Migraine.

You now have important information that you can share with your doctor to help describe the total impact migraine has on your life.