

Speaking of Migraine

Here’s an easy way to document your migraine. Doctors often care about these 4 things—**Total # of Migraine Attacks/Episodes, Migraine-Affected Days, Your Migraine Medication, 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?

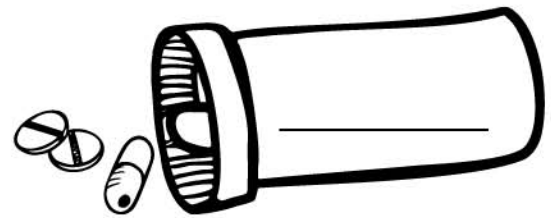
With these 4 answers, your doctor can calculate your number of Migraine-Affected Days in a typical month. Try a tool to calculate Migraine-Affected Days yourself at [SpeakYourMigraine.com/migraine-impact-tool](https://speakyourmigraine.com/migraine-impact-tool)

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?



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 doctor. It's time.

Help Another Person Speak. If you found this guide interesting and useful, share it with someone else you know with migraine.