



# Ryan Headache Center

Phone: 314-251-8892 Fax: 314-251-8894

Web: <http://www.ryanheadachecenter.com>

Name: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_ Baseline HA Index (For Doctor Use Only): **SEVERE:** / **MODERATE:** / **MILD:** /

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Morning																														
Afternoon																															
Evening/Night																															

Scale of 0 - 3 No pain = 0 1 2 3 = Pain as bad as it can be

**SYMPTOMATIC MEDICATIONS (Tablets/Injections/Nasal Sprays/Suppositories )**

**INSTRUCTIONS:**

**LIMITS:**

Name:	Dose:																													
<b>Overall Relief</b>																														
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<b>Overall Relief</b>																														

Relief: 0 - 1 - 2 - 3 0 = None 1 = Slight Relief 2 = Moderate Relief 3 = Complete Relief

**PREVENTATIVE MEDICATIONS**

**INSTRUCTIONS:**

Name:	Dose:																												
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Name:	Dose:																												

MENSTRUAL PERIODS																													
TRIGGERS (See Back of Pg.)																													
DISABILITY FOR THE DAY																													

0 = NONE 1 = ABLE TO CARRY OUT ACTIVITIES FAIRLY WELL 2 = DIFFICULTY WITH USUAL ACTIVITY, MAY CANCEL LESS IMPORTANT ONES 3 = HAVE TO MISS WORK (AT LEAST HALF OF THE DAY) OR GO TO BED FOR PART OF THE DAY

**PLEASE INDICATE THE OVERALL SEVERITY OF YOUR HEADACHE PROBLEM OVER THE PAST MONTH (CIRCLE ONE):**

No problem 0 1 2 3 4 5 6 7 8 9 10 Very Bad (Almost Unbearable)

**EXERCISE:**


**RELAXATION EXERCISES AND TIME FOR SELF:**


**VITAMINS/MINERALS/HERBS/SUPPLEMENTS:**

5-HTP        50 – 100 mg twice daily  
Multivitamin:  
Vitamin B6: 50mg/100mg each a.m.  
Vitamin B2: 100mg/200mg/400mg each a.m.  
Vitamin E: 400IU Once/ Twice per day  
Vitamin C: 500 -2000mg/day  
Magnesium: 200Mg/400mg each a.m.  
Migravent    1 twice daily or 1 in AM and 2 in PM (or vice versa)  
Feverfew:    As per brand  
Ginger Capsules: One Capsule for nausea up to 4 times per day

**OTHER MEDICATIONS AND DOSAGES:**

**SPECIAL INSTRUCTIONS:**




**HEADACHE TRIGGERS**

**Hormones**

1. Menses
2. Ovulation
3. Hormone Replacement Therapy

**Diet**

4. Alcohol
5. Chocolate
6. Aged Cheeses
7. Monosodium Glutamate (MSG)
8. Aspartame (NutraSweet/Equal)
9. Caffeine
10. Nuts
11. Nitrites, Nitrates
12. Citrus Fruits
13. Other

**Changes**

14. Weather
15. Seasons
16. Travel
17. Altitude
18. Schedule Changes
19. Sleeping Patterns (Too little/too much)
20. Diet
21. Skipping Meals

**Sensory Stimuli**

22. Strong Light
23. Flickering Lights
24. Odors

**“Stress”**

25. Let-Down Periods
26. Intense Activity
27. Loss (Death, Separation, Divorce)
28. Relationship Difficulties
29. Job Loss/Change
30. Crisis
31. Other