

*Migraine headaches cannot be cured. But you can get greater relief and control of your headaches with a headache management plan. A good headache management plan has two parts: the treatment you get from your doctor and the steps you take for yourself.*

## Avoiding The Emergency Room (ER)

*Your doctor's office is the first place to seek care for your migraine headaches.*

- Tell your doctor about your headaches and the impact of headache on your life.
- Talk with your doctor about management goals and treatment options.
- Know when to take your medicine – take acute medicine at the first sign of pain.
- Know what to do if your medicine does not work.
- Know what to do if your headache is much worse than or different from usual.

*What you can do to avoid a trip to the ER*

- Keep your headache medicine with you at all times.
- Keep a supply of your headache medicine available so you don't run out when you need it.
- Plan with your doctor the steps to take when you have a headache.

## What You Can Do To Manage Your Migraine Headaches

*Avoid things that can trigger headaches.*

- Migraine triggers don't actually cause migraines, but act like a "switch" that starts an attack.
- Migraine triggers may include certain foods or drinks, certain scents, changes in hormones, changes to sleep or eating schedules, or skipping meals.
- Keep a symptom diary to help identify your migraine triggers.

*Take medicines appropriately.*

- Take your medicine as directed by your doctor – take acute medicine at the first sign of pain.
- Never increase the amount of medicine you are taking without consulting your doctor. Don't take it more often than your doctor directed.
- If your medicine does not seem to be working when taken as directed, call your doctor.
- Call your doctor if you notice persistent or unusual side effects.
- Preventive medicines take some time to begin working. Don't stop taking your medicine without first talking with your doctor.
- Tell your doctor if you are pregnant, become pregnant, or are planning to become pregnant.

*Other ways to cope with migraine:*

- Lie down in a dark, quiet place.
- Put a cold cloth or compress on your head.
- Gently massage your scalp.

### Learn More About Migraine

[www.headachetest.com](http://www.headachetest.com)

GlaxoSmithKline Headache Impact Test™ – (HIT)\*

[www.achenet.org](http://www.achenet.org)

or call 800-255-ACHE

American Council for Headache Education

[www.headaches.org](http://www.headaches.org)

or call 888-NHF-5552

National Headache Foundation

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