

Migraines can be frustrating, but there are a number of good treatment options that can help keep symptoms under control. Learning to understand migraine and how to manage its symptoms often helps. Make an appointment just to talk to your doctor about your headaches. Together, you can develop an appropriate treatment plan.

Get Ready

Your office visit is the best time to ask questions and start learning about migraine. Be prepared to discuss:

- your headaches and the impact of headache on your life
- your management goals or expectations
- treatment options

Go to www.headachetest.com to complete a short questionnaire and get a report that may help you when you talk to your doctor.

During Your Visit

Be clear! Tell your doctor about:

- how often you have headaches (for example, the number of times during one month)
- the type and pattern of your headaches
- how much work or school you miss because of your symptoms
- how your activities are limited because of your symptoms
- your most troublesome symptoms and how long the symptoms last (for example, pounding pain, light sensitivity, nausea, etc.)
- all the medicines you take, including: prescription, over-the-counter, vitamins, and herbal supplements
- any food or drug allergies you may have

Before You Leave

Before you leave, you should know:

- which triggers you will try to avoid
- what you should and should not eat or drink
- when and how to take your medicine
- what to do if your medicine does not work
- what to do if your headache is much worse than or different from usual
- when to call or return to the office

Write It Down

It is easy to forget what the doctor said. Make sure you:

- ask questions if you don't understand
- don't leave until your questions are answered
- write instructions down, or ask the doctor to write them down
- call back if you think of questions later

You and your doctor are a team working together to manage your headaches. Be open with your doctor. Ask questions about your concerns. Together you and your doctor *can* manage your headaches.

Learn More About Migraine

www.headachetest.com

GlaxoSmithKline Headache Impact Test™ – (HIT)*

www.achenet.org

or call 800-255-ACHE

American Council for Headache Education

www.headaches.org

or call 888-NHF-5552

National Headache Foundation

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