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## **Quick reminder:**

Headache severity: 0 = headache free day 1= mild, can function Effectiveness of acute tx: S = success P = partal benefit Acute treatment: taken as needed for an attack /headache episode

## Bring it to your medical appointment!

Using a diary is the best way to make the right decisions about your migraines/headaches.

> 3= severe cannot function 2=moderate, slowed F = failureE = side effectsR= recurrence of HA **Preventive treatment**: taken every day to reduce headache frequency

## DOWNLOAD on <u>www.migrainecanada.org</u> Want an APP? See migrainetracker.ca

Total number of days with any acute medication intake

\* = miss work or personal activity