Migraine Canada

How to use my headache diary?
Applies to the 2 and 3 month diaries

The Table:

- Headache 0-1-2-3*:
    - Write down your highest headache severity/disability for each day (0= headache free, 1 = mild, 2= moderate, 3 = severe).
    - ADD a star * if you missed work, could not perform your activities or needed bed rest.
- Aura or another symptom of interest: can be tracked.
- Period: if you have menstrual cycles, identify the days of bleeding. This can be very useful to determine if you have menstrual migraines and adjust your treatment.
- Lifestyle: instead of writing triggers, put the focus on the protective factors and habits. E=exercise. S=sleep routine. M =meditation. R=relaxation. Any code you choose is good.
- Tx = write the names of the acute treatments that you use. You may use initials (Z=zomig, N=naproxen...) especially if you use many and regroup them by categories (NSAIDs, triptans...)
- Effect of acute treatment: if you have treated an attack, what was the result? F=faillure, P=partial benefit, S=success, R=recurrence (pain comes back the same day). E = side effects.
- Stable Prev: Write the name(s) of preventive meds that you are already taking with the doses.
- New Prev: write the names of the new preventive you are trying and track the dose changes so you can monitor your response.
- Notes: use this column to track anything else.

Download at https://migrainecanada.org/diaries/
Want an APP? Visit www.migrainetracker.ca

The summary:

- Please do not forget to bring your diary to your appointment!
- Write the number of days for each severity level, then calculate a total of headache days per month.
- At the end of the acute tx rows, you have a space to count how many days per month you used this treatment.
- Sum the total number of days where you took ANY acute treatment. This helps to detect overuse.
- Before your appointment, make the counts on your diary sheets.
- Think about the treatments you tried. Were they useful? Do you wish to keep them? Try others?
- Your diary will make your appointment more useful for you.