



My Migraine, My Goals

Promoting person-centric communications in migraine

What are person-centric communications?

- Communications between people with migraine and healthcare professionals that focus on individual needs, goals, and preferences when making treatment decisions
- Acknowledging each person with migraine as the expert on their life and the impact of their migraine



Why do we need person-centric communications?

Migraine is personal, and migraine management should be too

Migraine affects people differently:

- Frequency, duration, severity
- Symptoms
- Impact on daily activities

Each person with migraine is unique:

- Treatment experiences
- Medical history
- Personal circumstances



Keeping conversations focused on your migraine experience is the starting point for finding a treatment plan that works best for you

What do person-centric communications look like?



A **collaborative** relationship between you and your healthcare professional involving active discussion to establish **mutual understanding** and to **personalize** your migraine management journey

Take control of your migraine information to help you tell your migraine story

Keeping your own records helps you to better communicate information about your migraine and your life



Mobile apps



Headache diary

What information is valuable to keep track of?



Information about your migraine

- When did it happen?
- How long did it last?
- How severe was it?
- Did you use treatment?
- Did the treatment work?



Information about days without migraine

- What did you do?
- How did you feel?



Your migraine management plan

- What have you previously discussed with your healthcare team?
- What treatments have you tried?
- Did they work?

When in doubt, ask questions

- Asking questions can **help your healthcare professional** know what information you are looking for
- Increasing your knowledge will help you to **become an active and informed participant** in your own care



What could person-centric communications do for you?

- Lay foundations for a **trusting, productive, and collaborative partnership** with your healthcare professional
- Help create an **individualized** migraine management plan that works for you and helps you **achieve your goals**

Remember, you are the expert on your migraine and the impact it has on your health and life.

What you want out of your treatment matters.