

# COULD YOUR HEADACHES BE MIGRAINE?

## IT'S TIME TO TALK WITH YOUR HEALTHCARE PROVIDER ABOUT MIGRAINE

Sometimes a headache is more than just a headache, and the only way to find out is to talk with your healthcare provider about the impact your headaches are having on your everyday life. This worksheet was designed to help take a closer look at your headache impact and help you talk with your healthcare provider to decide if you need help managing headache pain. Your healthcare provider will use this information to help determine if you have migraine.

### CHECK EACH BOX THAT APPLIES TO YOU:

- My headaches disrupt my daily life and have limited my activities
- My headaches are accompanied by sensitivity to light
- My headaches make me feel nauseous

**THESE ARE 3 OF THE SYMPTOMS YOUR HEALTHCARE PROVIDER WILL BE LISTENING FOR TO HELP DETERMINE IF YOU HAVE MIGRAINE**

### CIRCLE THE NUMBER ON THE RIGHT THAT CORRESPONDS TO EACH STATEMENT ON THE LEFT:

My headaches have impacted my productivity ___ day(s) over the past 3 months.	0	1	2	3	4+
I missed ___ day(s) of work or school over the past 3 months due to my headaches.	0	1	2	3	4+
I missed ___ day(s) of family, social, and leisure activities over the past 3 months due to my headaches.	0	1	2	3	4+
I "pushed through" my headache pain ___ day(s) over the past 3 months.	0	1	2	3	4+

**MIGRAINE IS A COMMON NEUROLOGICAL DISEASE THAT IMPACTS MORE THAN 30 MILLION ADULTS IN THE UNITED STATES**

