



**Migraine**  
Canada

## Headache diary 3 months

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Filling a diary is the best way to make the right decisions about your migraines.

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### INSTRUCTIONS: HOW TO FILL MY HEADACHE DIARY?

Write down all your headache according to their severity (1 = mild, 2= moderate, 3 = severe).

ADD a star \* if you missed work or needed bed rest. The free line can be used to track anything relevant.

Write the name(s) of preventive meds and indicate the days when you change the doses

Write the names of your acute medications in the Tx squares on the left. Put a check if you used them for each day.

Write codes for efficacy: F=faillure, P=partial benefit, S=success, R=recurrence (attacks comes back the same day).

# Migraine Headache Monthly Calendar

**Stewart J. Tepper, Fred D. Sheftell, Alan  
M. Rapoport**



## **Migraine Headache Monthly Calendar:**

*Migraine Headache 12 Month Tracking Journal* Mary Susan Carey, 2019-03-08 This Migraine Headache planner and tracker is like no other. It uses a monthly tracking check list used by doctors for recording headache triggers, pain intensity, and medication effectiveness. It is organized by the month too so that you can combine your monthly calendar, to-do lists, and appointment note pages. Medical advice, experiences, strategies, and feelings can be recorded in an efficient, organized manner. Self care is also a part of each month's records. Along with 12 monthly sections, there are additional pages at the back and front of this tracking journal for medication lists, test results, health care professional phone numbers, extra check list forms for your own design, and a mood tracking chart for the year. And since stress management is also very important in your health care, there are small areas for coloring as a tool to relax the mind if one so chooses. Features included: 8 1/2 x 11 inches, 144 pages in all, 8 pages per month, monthly calendars are adaptable to any year, just add the daily numbers, 12 personal care checklists, 12 migraine trigger tracking checklists, 12 to-do lists, 12 calendars, 24 journal pages, 24 appointment note pages, annual migraine graphing chart, medication lists, test result records, doctor's address book, tracking feeling and energy chart, pages to color for relaxation. All these pages are ready for your input and use. Say yes to logging the triggers for your headaches. Learn to manage the pain. Record what gives you relief and be empowered now.

**Menstrual Migraine** Susan Hutchinson, B. Lee Peterlin, 2008-01-28 Approximately 12 million women in the US suffer from menstrual migraine, a common and disabling condition. Menstrual migraine is typically defined as a migraine headache that affects a woman each month, starting two days before the menstrual period and continuing to the end of menstruation. It differs from nonmenstrual attacks of migraine even in the same women in the regularity of its timing and its greater severity. Compared with other times in the menstrual cycle, a migraine is more than twice as likely to occur during the first 3 days of menstruation and more than 3 times as likely to be severe. As part of the Oxford American Pain Library, this practical handbook is designed to serve as a concise yet authoritative resource on diagnosing and treating menstrual migraine. Tailored to the needs of busy health care professionals treating female patients in the primary care setting, the book focuses on essential clinical information for physicians, nurse practitioners, and physician assistants in family practice, internal medicine, and OB/GYN. In addition to covering traditional clinical areas such as pathogenesis, comorbidities, pharmacologic and non-pharmacologic treatments, the book also presents an array of practical tools and features such as screening tools for easy diagnosis, disability assessment, tools, tips on best questions to ask, useful checklists, and additional patient resource information. The handbook also provides valuable guidance on how to proceed should initial treatment efforts fail.

*The Woman's Guide to Managing Migraine* Susan Hutchinson MD, 2013-01-30 Hormones and migraine are intimately connected. Ten million women in the US suffer from migraine associated with hormones, but they may not know it. This concise and practical handbook equips female headache sufferers with all the tools they need in conjunction with their healthcare providers to properly diagnose types of headache.

and develop the best possible treatment plans Headache specialist family practice physician and fellow migraine sufferer Dr Hutchinson explores common associated conditions hormonal therapy preventive strategies and treatment options from the most promising new drugs to the most effective complementary and alternative therapies This book empowers migraine sufferers to take charge of their treatment and find the path to living well      *The Migraine Brain* Carolyn Bernstein, Elaine McArdle, 2009-07-14 You know that your migraine isn't just a headache But you may not know that migraine actually is a neurological disease Affecting one in five women one in twenty men and one in twenty children it's a debilitating complex and chronic condition that manifests in a combination of symptoms that can include excruciating head pain as well as other distinctive physical and emotional effects Yet it's also a disease that you can get control of improve and manage as Dr Carolyn Bernstein has discovered in her seventeen years as a Harvard Medical School faculty member and practicing neurologist Praised for her excellence and compassion the founder of the Women's Headache Center near Boston and a migraine sufferer herself Dr Bernstein has helped hundreds of her patients get better Now with *The Migraine Brain* the most comprehensive up to the minute book on migraines ever written you will be able to do the same reduce the frequency and intensity of your migraines learn how to prevent and curtail them and how to recover from them more quickly and mitigate migraine's effects on every aspect of your life in the workplace and at home and during sex and travel Every migraine is different because everyone who gets a migraine has a distinctive Migraine Brain with its own sensitivities and triggers That's why it's so important for you to develop a personalized wellness plan to radically reduce the number and severity of your migraines Dr Bernstein also explains why migraines happen why they are so often misdiagnosed and why so few people get the right treatment for them She reveals the latest research that shows that Migraine Brains share a hypersensitivity to stimuli the Migraine Brain can actually look different from others on a brain scan and is more likely to experience a cascade of neurological reactions that give rise to the common clusters of migraine symptoms This breakthrough medical knowledge makes treatment and recovery possible with new migraine specific drugs as well as with complementary treatments such as yoga biofeedback and an exercise regimen With the extraordinarily thorough recommendations of *The Migraine Brain* in your hands you will be fully equipped with all the latest information you need to understand migraines and to help your family and co-workers understand that migraine isn't just a headache it's a serious yet treatable disease      *Migraine in Medicine* Paolo Martelletti, 2022-08-05 This book on migraine is the first machine generated scientific book in medicine published by Springer Nature and reflects a new publication format which focuses on literature reviews state of the art computer algorithms were applied to select relevant sources from Springer Nature journal articles rearrange them in a topical order and provide short summaries of these articles The result is the auto summarization of current texts organized by means of a similarity based clustering routine in coherent chapters and sections The human intervention of a world renowned expert in this field grants the scientific soundness and appropriate organization of the contents identified The AI based approach

seemed especially suitable to provide an innovative perspective as the topics are indeed both complex interdisciplinary and multidisciplinary as is migraine the most important among the chronic non communicable diseases under the age of 50s The result of this innovative process will be of help especially for readers with limited time interested in migraine and wishing to learn more about the subject quickly and particularly if they are new to the topic Springer Nature seeks to support anyone who needs a fast and effective start in their content discovery journey from the undergraduate student exploring interdisciplinary content to Master or PhD thesis developing research questions to the practitioner seeking support materials this book can serve as an inspiration to name a few examples      **Headache** Giuseppe Nappi, Michael A.

Moskowitz, 2016-02-16 Handbook of Clinical Neurology Headache covers various aspects of headaches It covers up to date information about the cultural developments and the scientific advances in the field of neurological science One of the most frequent symptoms that people encounter is migraine or other type of headaches At least 40% of neurological consultations are headache related With this significant advances in basic and applied brain sciences have emerged in the field of headache related problems Divided into six sections the book discusses the socioeconomic aspects of headaches the contribution of biological sciences to the study of the pathophysiology of headache and the management of headache and other related problems It also deals with headache related issues such as pathogenic chronobiological endocrinological and neuroimaging correlates nosographic i e migraine vertigo and headache in children and treatment related issues The book will serve as a reference for researchers clinical physicians and other readers who want additional knowledge about the clinical features of headaches A comprehensive guide to the advancements made in headache research and medicine including the role of genetics and genomics An exhaustive accounting of cultural developments and scientific advances in headache medicine Critical information on primary and secondary headaches including new therapies prevention techniques and management protocols      The Coevolution Quarterly , 1984      **A Patient's Handbook on Headache and Migraine**

Seymour Diamond, Merle L. Diamond, 2001 Headache patients are among the most misunderstood in medicine This valuable reference gives patients a resource for information about the various headache syndromes as well as important information about the kinds of prescription and over the counter medications that can provide relief      **Headache Disorders** Alan M. Rapoport, Fred D. Sheftell, 1996 The founders and directors of The New England Center for Headache deliver their expertise in this practical and concise guide to the diagnosis and management of headaches Focuses on the identification of various types of headache disorders and treatment methods Also covers history epidemiology impact on quality of life pathophysiology the physical examination and more      *A Dictionary of Terms, Phrases, and Quotations* Henry Percy Smith, 1895      **Glossary of Terms and Phrases** Henry Percy Smith, 1885      Headache and Head Pain Robert Emmett Ryan, 1978      **The Spectrum of Migraine** Stewart J. Tepper, Fred D. Sheftell, Alan M. Rapoport, 2002      **The Journal of the American Osteopathic Association** , 2007      *New Approaches to Treatment of Chronic Pain* National Institute on

Drug Abuse. Division of Research,1981 Based on papers presented at a conference which took place on June 20 21 1980 at the National Institutes of Health Bethesda Maryland     *Cephalalgia* ,1985     Advice from the Diamond Headache Clinic Seymour Diamond,Judi Diamond-Falk,1982     Neurology in Clinical Practice Walter George Bradley,2008 Authoritative and expertly informed the fifth edition of Neurology in Clinical Practice continues to bring you the most current clinical neurology in a versatile multimedia format The result of years of experience this outstanding resource leads you through the thought processes of seasoned clinicians This versatile new E dition includes the 2 volume set and a dedicated website featuring the entire text fully searchable along with video clips and additional full color illustrations links to related websites and regular updates Includes a new chapter on Transcranial Magnetic Stimulation reflecting latest in the clinical area of neurophysiology Contains new contributions from some of the most respected names in the field Utilizes a new full color design for a cleaner look that s easier to consult Covers all disorders and authoritative approaches to diagnosis and management Keeps you up to date on the latest advances in the field Logical formatting that mirrors the way you treat patients in practice Your purchase entitles you to access the web site until the next edition is published or until the current edition is no longer offered for sale by Elsevier whichever occurs first If the next edition is published less than one year after your purchase you will be entitled to online access for one year from your date of purchase Elsevier reserves the right to offer a suitable replacement product such as a downloadable or CD ROM based electronic version should access to the web site be discontinued     Pain and Headache ,1989     **Family Circles** ,1992

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