

What can you do to help yourself?

1. Keep track of your headaches by using a headache diary.
2. Don't let your medications run out. This avoids having to scramble for refills during a headache attack.
3. Stick to a regular schedule. Try to eat, sleep and wake at about the same time every day.
4. **DON'T SKIP MEALS** – this is a potent trigger for headaches.
5. Try to identify triggers and avoid them if at all possible.
6. Exercise regularly, especially low impact activities like walking, swimming or biking.
7. Learn acupuncture – it is a simple technique to treat minor headaches.
8. Learn and practice relaxation techniques – yoga, meditation, biofeedback, etc.
9. Don't take immediate relief medications more than 2 days/week. **REBOUND HEADACHES CAN DEVELOP.**
10. By developing and following an organized treatment program, together we can make a significant difference in your headache pattern!

Next office visit _____

Current Headache Treatment Program

Preventive Medications (medications intended to decrease the frequency and severity of headaches)

Acute Medications (medications used to relieve headache pain)

Rescue Medications (if necessary)

Treatment Goals

1. Develop a headache management program that works and is well tolerated.
2. Eliminate emergency room visits for acute headache treatment.
3. Minimize the impact of headaches on work and family activities.

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Headache Calendar



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Patient Name _____ Date _____

Medications taken to treat headache:

A) _____ B) _____ C) _____

- 1. Record date(s) of headache.
- 2. Rate the severity of the headache on a 1-10 scale (with 10 being most severe).

- 3. Write down the letter of the medication(s) taken for the headache (from those listed above) and whether it was effective (E) or not effective (NE). (e.g., A-E or C-NE)

- 4. Indicate the dates of your menstrual period (women).
- 5. Note any specific triggers (i.e., foods, sleep pattern changes,) that may have been associated with your headache(s).

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					Sunday
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					Tuesday
					Wednesday
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