



Patient Information: Migraine Headaches

Migraine is a primary headache disorder defined as a recurrent condition with attacks lasting 4-72 hours when untreated, featuring

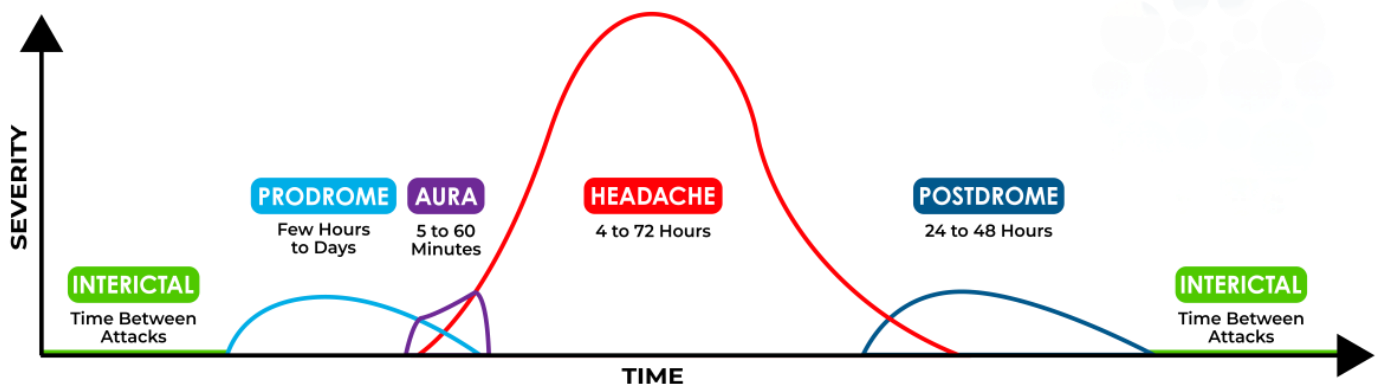
- At least 2 of the following 4 characteristic pain features:
 - Located on one side of the head at a time
 - Pulsating quality
 - Moderate to severe pain intensity
 - Aggravated by physical activity
- And at least one of the following:
 - Nausea or vomiting
 - Light or sound sensitivity

Chronic migraine is defined as headache on 15 or more days per month for at least 3 months, of which at least 8 days per month must meet criteria for migraine with or without aura and/or respond to triptan or ergot derivative treatment. (7% of migraine sufferers have chronic migraine.)

Episodic migraine is migraine that does not meet the criteria for chronic migraine. In other words, episodic migraine patients have 1-14 headache days per month. (Some clinical trials define episodic migraine as 4-14 headache days per month.)

PHASES OF A MIGRAINE ATTACK

Not everyone experiences every phase, and the phases can vary from one attack to another.



Prodrome phase of migraine consists of non-headache warning signs that precede the pain phase by

hours or days, representing the earliest phase of the migraine attack. Common symptoms include yawning, drowsiness, thirst, urinating a lot, food cravings, fluid retention, light or sound sensitivity, heightened sensitivity to smells, blurry vision, fatigue, “brain fog,” irritability, depression, euphoria, and neck stiffness.

Migraine aura is defined as fully reversible focal neurological symptoms that precede or accompany the headache phase of a migraine attack. Aura symptoms develop gradually over at least 5 minutes, last 5-60 minutes and are followed by headache within 60 minutes. When a patient has more than one aura symptom, they usually occur in sequence and not simultaneously and last 5-60 minutes each. Aura symptoms may be:

- Visual (shimmering zigzag lines, flickering, crescent-shaped visual disturbances, sparkling, blind spots, “heat haze,” etc.)
- Sensory (such as pins and needles)
- Speech/language (inability to speak, word-finding difficulty)
- Brainstem (difficulty speaking, vertigo, ringing in the ears, double vision, trouble walking, decreased level of consciousness)

Postdrome is the final, recovery phase of a migraine attack, occurring after the headache pain resolves. It usually lasts no more than 24 hours and can have various symptoms like the prodrome phase.

Interictal period is the time interval between migraine headaches from the end of the postdrome to the beginning of the prodrome phases. A small number of patients may have symptoms during the interictal period such as nausea, light sensitivity, anxiety about having another attack or avoiding activities that might trigger another migraine.

Migraine without aura. 70-75% of migraine patients do not have an aura with their headaches. This used to be called “common migraine.”

Migraine with aura. 25-30% of migraine patients have migraine with aura. A patient need only have a history of two of their headaches being accompanied with an aura to be classified as such.

Tension-type headache is defined as recurrent headaches with at least 2 of the following 4 characteristics:

- Mild to moderate intensity
- Bilateral location
- Pressing or tightening (nonpulsating) quality
- Not aggravated by routine physical activity

There can be no nausea or vomiting and there can be either light sensitivity or sound sensitivity, but not both.

Classification of tension-type headaches

- **Infrequent episodic** tension-type headaches occur less than one day per month on average
- **Frequent episodic** tension-type headaches occur 1-14 days per month
- **Chronic** tension-type headaches occur 15 or more days per month

Migraine + tension-type headache. Many migraine patients have two types of headaches. This is usually a combination of migraine headache attacks with tension-type headaches on other days. The patient is aware that they have two distinct types of headaches.

Chronic daily headache is a clinical descriptor, not a diagnosis. It is defined by the presence of headache on 15 or more days per month for at least three months. It is an umbrella term encompassing several primary headache disorders including migraine, tension-type headaches, and other types of headaches.

Allodynia is defined as pain resulting from a stimulus that does not normally provoke pain. Many migraine patients have pain when their hair or skin is brushed or touched.



Migraine Questionnaire

Name _____ Age _____ DOB _____ Date _____

Read "Patient Information: Migraine Headache" before filling out this form

Which of the following characteristics describe your headaches:

- At least 2 of the following 4 characteristic pain features:
 - Located on one side of the head
 - Pulsating quality
 - Moderate to severe pain intensity
 - Aggravated by physical activity
- And at least one of the following:
 - Nausea or vomiting
 - Light or sound sensitivity

Do you have a family history of migraine? Yes No If yes, explain: _____

How old were you when you had your first migraine? _____

Was the start of your migraine associated with any specific event? Yes No If yes, explain: _____

Have your headaches changed over the years? Yes No If yes, explain: _____

Are your headaches:

- Always on the same side of the head and never on the other side. (Side locked)
- Always on one side of the head at a time, but not always on the same side.
- Usually on both sides of my head at once or all over my head.
- Sometimes on one side at a time or sometimes both sides/all over.

Where is your headache pain located? _____

Do you have allodynia? Yes No If yes, where is it located? _____

What, if any, **prodromal** symptoms do you get before your headache pain begins? _____

Have you ever had an **aura** before or when the headache pain begins? Yes No
If yes, how often do you have an aura and what is it like? _____

What, if any, **postdromal** symptoms do you get after your headache ends? _____

Do you sometimes have interictal symptoms after your headache pain is gone and any postdromal symptoms are over? Yes No
If yes, explain: _____

Besides your migraine headaches, do you also have tension headaches? Yes No If yes, explain: _____

In a typical 30-day month,
how many days do you have migraine headache for at least 4 hours? _____
how many days do you have tension-type headache for at least 4 hours? _____
how many days do you have a headache that lasts less than 4 hours? _____
how many days are headache free? _____

Do your headaches **always** start when you are sleeping and cause you to wake up with a headache?
Yes No If yes, explain: _____

Some, but not all, patients have headache triggers. Circle any that apply to you:

Following Stress During Stress Anxiety Too Little Sleep Too Much Sleep Sleep Deprivation
Sleeping Late Altered Sleep Schedule Bright Lights Loud Noise Strong Odors Perfumes
Flickering Lights Fasting Missed Meals Alcohol Caffeine Excess Caffeine Withdrawal Heat
Altitude Changes Weather Changes Barometric Pressure Changes Exercise Neck Pain
Sexual Activity

Food triggers: MSG Nuts Yogurt Aspartame Cow's Milk Wheat Eggs Oranges
Cane Sugar

For women: Menstrual Periods Birth Control Pills Hormone Replacement

List any other triggers: _____

Besides medication, what do you do to get relief during a migraine attack? _____

How would you describe your migraine pain? Dull Throbbing Pulsating Ice Pick Other _____

At its worst, how intense is the migraine pain? Mild Moderate Severe

On a scale of 10, how severe is your migraine pain? None 1 2 3 4 5 6 7 8 9 10 Worst Possible

How do your migraine attacks affect your life? (professional, home, social, school, etc.) _____

What medications do you use now or have you used in the past to **prevent** migraine attacks? _____

What medications do you use now or have you used in the past to **stop** a migraine attack? _____

