



## Patient Information: Migraine Headaches

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

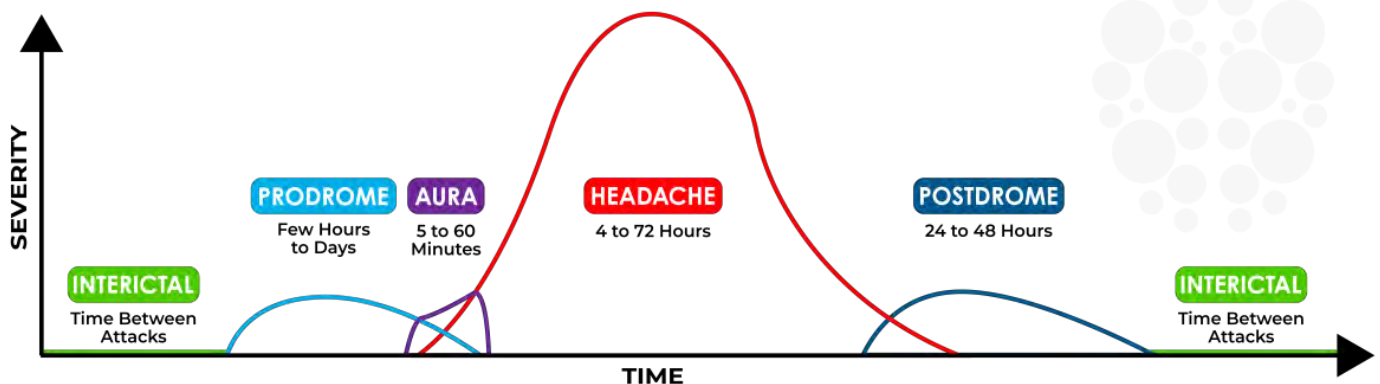
- At least 2 of the following 4 characteristic pain features:
  - Located on one side of the head at a time
  - Pulsating quality
  - Moderate to severe pain intensity
  - Aggravated by physical activity
- And at least one of the following:
  - Nausea or vomiting
  - Light or sound sensitivity

**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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List all your medical conditions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List all your current medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List your medication allergies or intolerances: \_\_\_\_\_  
\_\_\_\_\_

What other doctors have you seen for your migraine? \_\_\_\_\_

Is there anything else we need to know about your migraines? \_\_\_\_\_  
\_\_\_\_\_