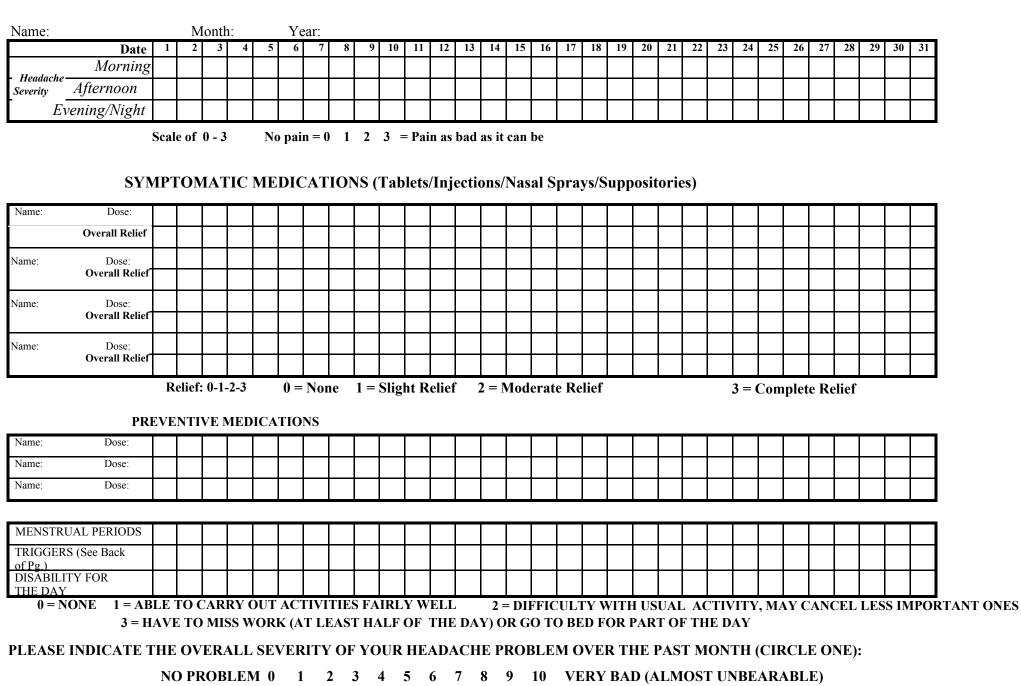
## PUGET SOUND NEUROLOGY WWW.PSNEUROLOGY.COM PH: 253-284-4488 FAX: 253-272-4771

# **MONTHLY HEADACHE CALENDAR**



Directions: Record your headache symptoms for each day of the month. Include medications and relief, triggers from the chart below and the impact of your symptoms on day.



THESE DIARIES ARE NECESSARY TO GET YOUR TREAMENT AUTHORIZED BY INSURANCE!

## **HEADACHE TRIGGERS**

### Hormones

- 1. Menses
- 2. Ovulation
- 3. Hormone Replacement Therapy

#### <u>Diet</u>

- 4. Alcohol
- 5. Chocolate
- 6. Aged Cheeses
- 7. Monosodium Glutamate (MSG)
- 8. Aspartame (Nutrasweet/Equal)
- 9. Caffeine
- 10. Nuts
- 11. Nitrites, Nitrates
- 12. Citrus Fruits
- 13. Other

#### <u>Changes</u>

- 14. Weather
- 15 Seasons
- 16. Travel
- 17 Altitude
- 18 Schedule Changes
- 19. Sleeping Patterns (Too little/too much)
- 20. Diet
- 21. Skipping Meals

#### **Sensory Stimuli**

- 22. Strong Light
- 23 Flickering Lights
- 24 Odors

### "Stress"

- 25. Let-Down Periods
- 26 Intense Activity
- 27 Loss (Death, Separation, Divorce)
- 28 Relationship Difficulties
- 29 Job Loss/Change
- 30 Crisis
- 31. Other



KEEPING A DIARY HELPS YOU TO IDENTIFY PATTERNS TO YOUR MIGRAINES.