

Name: \_\_\_\_\_

Date: \_\_\_\_\_

DOB: \_\_\_\_\_



## Headaches vs Migraines

### How to Report Your Headache Days

#### In the last 90 days

**Pain-Free Days:** How many days were you completely headache free?

\_\_\_\_\_ days

#### **Migraine Days: From the remaining days...**

How many had headaches with migraine features?

\_\_\_\_\_ days

#### **Regular Headache Days:**

Any remaining days are regular headaches.

\_\_\_\_\_ days

**\*If you add up the three numbers you wrote above, you should get 90.\***

What's the difference between a 'headache' and a 'migraine'? **Accurate numbers are vital for us to understand whether your treatment plan is working, for identifying patterns, and also for getting your treatments covered by insurance.**

Read these descriptions to ensure we standardize our use of the words "headache" and "migraine":

*What is a "Regular" Headache?*

- Causes mild to moderate pain.
- Does not include nausea, vomiting, or sensitivity to light and sound.
- Does NOT prevent you from doing activities

*What is a MIGRAINE?*

- Causes moderate to severe pain, often pulsating or throbbing.
- May be accompanied by nausea, vomiting, or sensitivity to light, sound, & smells.
- May include aura (visual disturbances such as flashing lights or zigzag patterns) before the headache starts.
- May cause difficulty functioning, activity intolerance, or require rest to improve.