



## MIGRAINE DIAGNOSTIC AID

### 15 KEY QUESTIONS

Key Diagnostic Questions	YES	NO
Is the headache on one side?		
Is the headache throbbing or pulsating?		
Is the headache moderate to severe in intensity?		
Is the headache aggravated by movement?		
During an attack are you sensitive to light and/or sound?		
Do you feel nauseous?		
Do you vomit?		
Do you want to lie down in a dark, quiet room?		
Does the headache last more than 4 hours?		
Is the headache episodic?		
Is there a family history of this type of headache?		
In the past have you suffered from travel sickness, recurrent abdominal pain, unexplained vomiting, etc.?		
Do you suffer from aura – Visual disturbances, tingling, numbness, difficulties in speech, etc.		
Do you have stiffness or pain in the neck?		
Are there problems with eyes, ears or nose during attacks?		

**Studies have shown that 90% of people who present to their GP with headache suffer from migraine. The above questions will aid you to diagnose 'typical' migraine. The more questions answered yes, the more likely the diagnosis is migraine. However, it is important to remember that migraine very often does not fit neatly with the diagnostic criteria.**