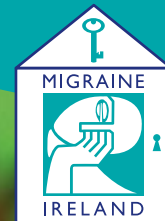


# MIGRAINE ASSOCIATION OF IRELAND



## Migraine Diary

# Using your Migraine Diary



The Migraine Diary is a simple but effective way of managing your migraine. It can help you to establish certain patterns in your attacks.

Perhaps you get most of your headaches at weekends or perhaps every time you are presented with deadlines at work or at home. These examples would be quite easy to notice but most people's headaches are not as easy to predict.

Attacks may only be triggered by a certain combination of trigger factors, for example when you miss a meal AND experience stress. Either factor on their own may not be enough to trigger an attack, but when combined they do.

Using the diary systematically for a period of time may establish some patterns to your headaches and may enable you to take action to prevent them or manage them better. It can also help you to feel more in control and this in itself can also reduce the frequency of the attacks.

The diary will also act to show your doctor how much of an impact migraine has upon your life. Whenever you visit your doctor you should bring your diary along, as it will help him/her to implement a specific treatment plan for you.

The diary is set out for twelve months of 31 days. Start by filling in the month on top of the page. When you get an attack, find the corresponding date and fill in the row across as fully as you can, going back up to 72 hours before the onset of the attack.

Under 'Medication' don't forget to include all medication that you have taken, including Paracetamol, Nurofen, Solpadeine, Triptans etc. It is also recommended that you write down the dosage of your medication as well as any improvements or side-effects. It is not necessary to write down preventative medications.

When rating your 'Headache Pain Score', 1 means low level pain and 10 is severe pain. If you do not suffer from a headache during your migraine attack include '0' as your score.

There are countless potential trigger factors and they differ for everybody, so you will have to pay close attention to lifestyle, environmental and dietary factors in the 48 hours preceding the attack. Some of the most common triggers include:

*Lack of food, missed meals, delayed meals, specific foods (commonly cheese, coffee, citrus foods, fizzy drinks to name a few),*

*onset of menstruation, noise, strong smells, stress, anxiety, lack of/ too much sleep, excess exercise, travel, excitement, bad news, light, changes in weather, fatigue and alcohol.*

Remember, the list is not exclusive. Remember also that food is not the only aspect that you should watch carefully. The vast majority of attacks (about 80%) are brought on by non-dietary factors. Make a note of anything that you may even vaguely suspect.

The diary also monitors the success or failure of treatments and medications. Have the attacks become less frequent since you started taking a certain medicine? Are they less severe? Are there side effects? The diary provides you and your GP with a tool to answer all these questions if you use it accurately.

We know that space is tight in our migraine diary and that you may have a lot to say. Please use the 'note' sections to jot down any extra relevant information. You may also want to come up with your own list of abbreviations. You can write these in the column provided at the back of the diary.





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THE **MIGRAINE** ASSOCIATION OF IRELAND

[www.migraine.ie](http://www.migraine.ie)

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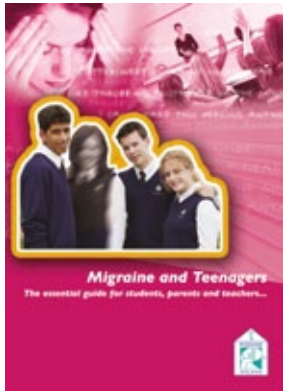
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## Not a member of the Migraine Association?

### Join today and receive:

- Quarterly BrainStorm migraine newsletter
- Monthly Migra-Zine (email newsletter)
- A pack containing more than 15 leaflets on all aspects of migraine
- A free Migraine ID Card
- Access to the 'Members Only' section of our website
- Advance notice of events in your area
- Free entry to all Migraine Association events



... and by becoming a member you will increase our power to influence policy makers on behalf of those affected, as well as making a donation to support our work for those impacted by migraine/headache.

*From as little as  
€10 per year!*

### Other Services Include:

- Call-save Helpline: 1850 200 378 (ROI) or 0844 826 9323 (NI)
- Specialist Nurse Advice Line: 01 7979848
- Online Resources at: [www.migraine.ie](http://www.migraine.ie)
- Information Meetings, Support Groups, Workshops
- Public Awareness Campaigns e.g. Migraine Action Week
- Outreach Events
- Lobbying and Advocacy
- Health Professional Information and Training



**MIGRAINE HELPLINE**  
**1850 200 378**  
[www.migraine.ie](http://www.migraine.ie)

**CALL-SAVE HELPLINE**  
**1 850 200 378(ROI)**  
**0844 826 9323 (NI)**  
*(10.00 – 4.00, Monday to Friday)*

**Address:** The Migraine Association of Ireland,  
Unit 14, Block 5,  
Port Tunnel Business Park,  
Clonsaugh, Dublin 17.

**Specialist Nurse**  
**Advice Line:** 01 797 9848

**Phone:** 01 894 1280 / 01 894 1281

**E-mail:** [info@migraine.ie](mailto:info@migraine.ie)

**[www.migraine.ie](http://www.migraine.ie)**

If lost please contact:

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
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