

with



Treatment Guide

For people with migraine headaches



Read online and download at
www.abbvie-care.de/kopfschmerztagebuch-en

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with you

Dear Reader,

In order to correctly understand and treat your headache in the best way possible, it is important to obtain an accurate and comprehensive picture of your condition.

In addition to a neurological examination, careful observation and an accurate description of your headache will play a major role in the success of your treatment.

Therefore, it is important that you use this headache diary on a regular basis, as this will allow the attending team to design the best possible treatment approach for you.

Become an expert in your own interests and find out what you can do.

Wishing you all the best!

Your AbbVie Care Team

Your support and cooperation are important!

Please use this diary on a daily basis in order to give your doctor a clear picture of your situation. Treatment decisions will be made based on these results. Only with your help and observations can your attending team make the best decisions for successful treatment.

How can you help?

Please enter the relevant information in the columns regularly, preferably on a daily basis. If you have any questions on the completion of the forms, please contact your attending doctor or the attending team.



How should you complete the diary?

The diary is for recording different aspects of your headache. For example, the **pain intensity** of your headache or the **duration** of your headache. Please note the month and respective time period for each entry.

You normally put a cross in the appropriate box on the day in question.



Example

You experience a moderately strong headache on May 2nd. The headache is over after 2 hours. On the following day, May 3rd, you suffer from a migraine attack with an extremely severe headache which lasts for half a day.

Day	Pain intensity				Duration							
	Mild	Moderate	Severe	Extremely severe	Less than 4h	More than 4h						
1												
2		X			X							
3				X	X	X						
4												
5												

When indicating the **triggers** for your headaches and which **medicines** you have taken, please enter the corresponding numbers (triggers) or letters (medications). You can find the list on the next page.



Example

On May 2nd, you took one 500 mg tablet of paracetamol for your moderately strong headache. You cannot identify a trigger for the pain. On May 3rd, you took one 50 mg sumatriptan tablet at the start of the migraine attack. The migraine attack was triggered by stress.

Day	Trigger		Medication					
	Fill in the number (page 9)		Fill in the letter according to (c)					
	a	b						
1								
2			A					
3	1		B					
4								
5								

c. Medication taken

A *Paracetamol*

B *Sumatriptan*



Note down positive experiences!

If you have experienced something extremely positive or if you were able to do something that had not been possible for a long time, note down these positive events in your diary.



When do I need to bring along my diary?

Please make sure to bring along your diary to every appointment with the doctor. Important treatment decisions will be made based on your observations.

Possible triggers

a. Mental and physical triggers

- 1 Excitement or stress
- 2 Recovery phase
- 3 Change in sleep rhythm
- 4 Menstruation
- 5 Other

b. Food/drinks as triggers

- 1 Cheese
- 2 Alcoholic beverages
- 3 Chocolate
- 4 Coffee, Coca-Cola
- 5 Other

c. Medication taken

Please note down any pain medication in the designated diary sections.

1 Diary

Name:

[illegible]

c. Medication taken

A _____ **B** _____

C _____ **D** _____

Month:

[illegible]

1 Diary

Name:

[illegible]

c. Medication taken

A _____ **B** _____

C _____ **D** _____

Month:

[illegible]

1 Diary

Name:

[illegible]

c. Medication taken

A _____ **B** _____

C **D**

Month:

[illegible]

1 **Diary** Name:

Name:

[illegible]

c. Medication taken

A _____ **B** _____

C _____ **D** _____

Month:

[illegible]

1 Diary

Name:

[illegible]

c. Medication taken

A _____ **B** _____

C **D**

Month:

[illegible]

Treatment instructions

Date:

Medication	Dose

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Comments:

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Date:

Medication	Dose

--	--

Comments:

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Date:

Medication	Dose

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Comments:

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Date:

Medication	Dose

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Comments:

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Notes



Tips and information about chronic migraine can be found at:
www.abbvie-care.de/chronische-migraene



Your service from Abbvie Care:

- Information about chronic migraine
- Tips for everyday life with the disease
- A self-test that can give the first indication of chronic migraine



you

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