

walk



# Headache diary

For people with migraine-type headaches



Read and download online at:

[www.abbvie-care.de/kopfschmerztagebuch-en](http://www.abbvie-care.de/kopfschmerztagebuch-en)

abbvie  
care   
with you

# Dear Reader,

**To accurately assess and effectively treat your headaches, a detailed and comprehensive understanding of your condition is important.**

In addition to a neurological examination, careful observation and description of your headaches is essential for successful treatment.

That's why keeping this diary consistently and making regular entries is so important. It helps your healthcare team tailor your treatment to your personal needs.

By becoming an expert in your own condition, you'll also discover what works for you.

We wish you all the very best on your personal healthcare journey!

**The AbbVie Care Team**

# Your support and collaboration is important!

Please fill out the diary daily so your doctor can get a clear and accurate picture of your situation. Based on your entries, important treatment decisions will be made. Your cooperation and observations are key to enabling your healthcare team to make the right decisions for successful treatment.

## How you can help

Make it a habit to enter the necessary information regularly – preferably daily. If you have any questions about filling out the diary, don't hesitate to reach out to your healthcare team.



# Using the diary

This diary helps you record various aspects of your head-aches, such as their **intensity** and **duration**. Please enter your name and the documented month on each diary page.

**In most cases, simply place a checkmark in the appropriate box for each day.**



## Example

On May 2, you experience a moderate attack. This attack lasts 2 hours. The next day, on May 3, you experience a migraine attack with excruciating pain lasting half the day.

Day	Pain intensity				Duration					
	Mild	Moderate	Severe	Excruciating	Less than 4 hours	More than 4 hours				
1										
2		X			X					
3				X		X				
4										
5										

When documenting the **triggers** of your headache attacks and the **medications** you've taken, please enter the corresponding **numbers** for triggers and **letters** for medications. The reference list is on the next page.



## Example

On May 2, you took one tablet of acetaminophen 500 mg for your moderate headache but you couldn't identify a specific trigger. On May 3, at the start of a migraine attack, you took one tablet of sumatriptan (50 mg). The trigger was stress.

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

### c. Medications taken

A Acetaminophen

B Sumatriptan



**Capture positive experiences!**

If you experience a particularly joyful moment or find yourself able to do something again that you haven't been able to do for a long time, capture these positive moments by writing them down in your diary!



**When do I need to show the diary?**

Please bring your diary to every doctor's appointment. Your observations will help guide important treatment decisions.

**Potential triggers**

**a. Mental and physical triggers**

- 1 Excitement or stress
- 2 Recovery period
- 3 Change in sleep pattern
- 4 Menstruation
- 5 Other

.....

.....

.....

**b. Food & drink triggers**

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

.....

.....

.....

**c. Medications taken**

Please record any pain medication you take on the respective diary pages.

.....

.....

.....













# Information about your treatment

Date: .....

Medication	Dosage

--	--

Comments: .....

.....

.....

.....

Date: .....

Medication	Dosage

--	--

Comments: .....

.....

.....

.....

Date: .....

Medication	Dosage

--	--

Comments: .....

.....

.....

.....

Date: .....

Medication	Dosage

--	--

Comments: .....

.....

.....

.....

# Notes

A large rectangular area with a light gray border, containing 20 horizontal dotted lines for taking notes.



You can find tips and useful information about migraine at:  
**[www.abbvie-care.de/migraine](http://www.abbvie-care.de/migraine)**



### AbbVie Care, at your service:

- Information about migraine
- Everyday tips for living with the condition
- A self-test to check whether you have migraine



[www.abbvie-care.de](http://www.abbvie-care.de)

AbbVie Deutschland GmbH & Co. KG  
Mainzer Straße 81 | 65189 Wiesbaden