

# MIGRAINE AT WORK

## Doctor Discussion Guide

- Confirm if you may have migraine**
- Set an appointment exclusively to discuss your headaches**

- Be able to answer these questions:**

- How do your headaches affect your life?
- What additional symptoms do you experience?
- What helps or worsens your headache?

- Determine your goals and discussion points:**

- Securing an effective acute treatment, and potentially a preventive treatment
- Discussing lifestyle factors and how to prevent attacks with factors such as sleep, diet, exercise, hydration, and stress reduction
- Discussing behavioral therapies and how to prevent & treat attacks with complementary therapies

- What to Bring to Your Appointment**

- Migraine Diary- A calendar record of how many days with headache or migraine you've had. Note any significant symptoms, triggers, & treatments
- List of current/ previous medications and supplements and how each of them affect you
- List of medication classes / complementary therapies you would like to consider
- List of additional questions for your clinician
- A trusted friend or family member to support you and keep track of everything discussed, and to ensure you mention all the important details about your symptoms

