








MIGRAINE AT WORK

Migraine Management Checklist

-  **Create a Plan with Your Doctor**
 - Determine your goals for the appointment
 - Know which routes you prefer whether that's medications, neuromodulation devices, complementary therapies, lifestyle changes, etc.
-  **Secure Effective Medications**
 - Acute medications should be effective within a 2 hour timeframe
 - Preventive medications should be considered if you have many attacks per month
-  **Prepare an Emergency Migraine Attack Toolkit**
 - Prepare a 'migraine toolkit' and keep it in a convenient spot- your car, your desk, etc.
 - Consider anything which would help alleviate your symptoms- acute medications, earphones, sunglasses, ice/ heat packs, snacks/ beverages, etc.
-  **Educate Yourself on Migraine 101**
 - Education is key to managing any condition. Discovering the fundamentals of migraine management will help you with both prevention and treatment.
-  **Keep a Migraine Diary**
 - Use an app or a paper calendar to record data on your migraine attacks. This can help you identify triggers and can provide legitimacy when describing your attack frequency and severity to your doctor.
 - Consider tracking factors like symptoms, triggers, medication usage, length/ severity of attack, and what helped to relieve the symptoms.
-  **Manage Understand Triggers/ Discuss Accommodations**
 - When you identify some of your triggers, you can help to find ways to prevent and treat certain symptoms. Consider factors such as stress, environmental factors, weather changes, hormones, diet, sleep, and exercise.
-  **Consider Lifestyle Factors**
 - Lifestyle factors can help prevent attacks. "Plant the SEEDS for Migraine Success" by monitoring Sleep, Exercise, Eating, Drinking, and Stress Reduction. Luckily, migraine health isn't often very different from overall health. Often, what is good for your body is good for your brain, and what is good for your brain is good for migraine.

