Instructions for Headache Diary

Purpose

The purpose of the headache diary is to allow yourself and your physician to identify patterns or clues in your pain. This will hopefully help you to pinpoint what makes the headache better or worse. Identifying a powerful trigger and using “trigger-avoidance” is a very effective solution, when trying to relieve your pain.

Record Your Symptoms

Recording your symptoms for your physician can make a diagnosis much easier, but be aware that there are many effective medications and alternatives for each headache type – so finding the treatment that works is sometimes a hit and miss strategy.

When I Print the Diary, What Do I Do With it?

First:
Copy the diary numerous times as it is intended for 4 days only. Our charity recommends a month (10-12 copies) Keep in mind that some symptoms of some headache types take a holiday, while others are infrequent.

Second:
Complete the diary and bring to your doctor or headache specialist. Remember to make a copy for yourself, in the event that you see another doctor or a specialist.

Third:
Please keep in mind that some headaches have no food, weather or hormonal trigger and just “happen”, so eliminating everything from your diet may not produce results. The purpose of the diary is to separate “coincidence” from a possible “trend”.