

Headache Diary

It will be of great help if you can fill this diary over the next 8 to 10 weeks so that together we can develop a better understanding of your headaches.

There are two parts:

Firstly, fill in the Calendar Section. This gives an overall picture of when the headache occurs.

- Mark when you have an 'attack', and what type of headache in your opinion.
- If you are a woman and have periods, put a **B** in the period column on the days you are bleeding.

Then, fill in a 'Notes Section' for each attack. This gives details of how bad the attacks are, how well medications help, and possible factors that may have triggered the headache in the first place.

Good luck and I am looking forward to meeting with you soon.

With kind regards

Nassif Mansour

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GPwSI in Neurology
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Name:

Date Started:

Month One					Month Two			
Day	Day of Week	Attack T=Tension Headache M=Migraine N=Not sure	Period B=Bleeding		Day	Day of Week	Attack T=Tension Headache M=Migraine N=Not sure	Period B=Bleeding
1					1			
2					2			
3					3			
4					4			
5					5			
6					6			
7					7			
8					8			
9					9			
10					10			
11					11			
12					12			
13					13			
14					14			
15					15			
16					16			
17					17			
18					18			
19					19			
20					20			
21					21			
22					22			
23					23			
24					24			
25					25			
26					26			
27					27			
28					28			
29					29			
30					30			
31					31			

Notes on each headache attack

Please describe each attack in more detail below.

Date of Attack Time Started Time Finished.....

- Severity: severe | moderate | mild.
- Time needed off work, school or other activities - yes | no
- Feeling Sick - yes | no
- Vomiting - yes | no
- Sensitivity to light, noise, odours (please circle)
- Other Symptoms:

Medication	Dose	Time taken	Relief-yes/no	Time to Relief

Possible triggers, and food and drink taken 6-8 hours before attack:

-
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