

DOCTOR DISCUSSION GUIDE



Living with migraine is frustrating because it's not always easy for others to understand just how much the disease impacts your life. They may see it as 'just another headache,' or struggle to understand the severity of the pain or symptoms that make you put life on hold.

So when talking to your doctor it's good to be as clear as possible about your migraine, and its impact. Then you can have a productive conversation that will lead to the best possible options for you.

To help you have that conversation, here are the three areas your doctor will be interested in:

- **The number of migraine attacks and migraine-affected days you experience**
- **Any medication you take for the condition**
- **How migraine affects your life**

To ensure you can talk about these areas in the right amount of detail, the following short questions have been created to help you speak your migraine.

YOUR ANSWERS HERE WILL PROVIDE YOUR DOCTOR WITH A CLEAR PICTURE OF EXACTLY HOW MIGRAINE IMPACTS YOUR LIFE.

YOUR QUESTIONS

- 1 How many migraine attacks do you have in a typical month?
- 2 How many hours before the migraine attack starts do you feel the symptoms coming on?
- 3 How many hours does your migraine attack typically last?
- 4 After the migraine attack ends, how many hours does it take you to start feeling like yourself again?

- 5 How many days in a typical month do you treat your migraine symptoms with medication?

- 6 On average, how many days per month do you miss work (paid occupation) and / or domestic responsibilities because of migraine?

- 7 Describe how you feel about your migraine?

YOUR TOTAL NUMBER OF MIGRAINE ATTACKS AND MIGRAINE-AFFECTED DAYS



During a migraine attack you may experience a number of symptoms, including sudden onset of pain on one side of the head.¹ With these four answers your doctor can calculate the number of migraine-affected days in a typical month.

The MIA (Migraine Impact Assessment) tool on our website is also an easy way for you to calculate this yourself. You can find it at: www.speakmigraine.com/tools-resources/mia

YOUR MIGRAINE MEDICATION



Think about the medications you take at the onset of migraine symptoms. They may include over-the-counter pain medications, migraine specific medications, anti-sickness treatments, or prescription painkillers.²

YOUR MIGRAINE LIFE



Migraine can impact many areas of your life. Explaining this to people may make them more understanding.

Hopefully, this guide will also give you a starting point for better conversations with not only doctors but friends, families and colleagues too. Because with greater understanding comes better support.

References:

1. NHS Choices. Migraine symptoms. <http://www.nhs.uk/conditions/migraine/Pages/symptoms.aspx> [Last Accessed: November 2018].
2. Migraine Action. Migraine Treatments and Therapies – Acute Treatments. <http://www.migraine.org.uk/information/treatments-and-therapies/acute-treatments/#acute> [Last Accessed: November 2018].

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