Migraine Association of Ireland

Migraine Diary

My Contact Details

Name : _____

Address : _____

_____

_____

Phone No.: _____

Typical Migraine Type: _____

GP Contact Details:

Name: _____

Phone No.: _____

Using your Migraine Diary

The Migraine Diary is a simple but effective way of **managing your migraine**. It can help you to establish certain patterns in your attacks.

Perhaps you get most of your headaches at weekends or every time you are presented with deadlines at work. These patterns could be quite easy to notice but most people's headaches are not so simple to **predict.**

Attacks may only be triggered by a certain combination of trigger factors, for example when you miss a meal AND experience stress. Either factor on their own may not be enough to trigger an attack, but when combined they do.

Using the diary systematically for a period of time may **establish some patterns** to your headaches and may enable you to take action to **prevent** them or manage them better. It can also help you to feel more in control and this in itself can help to reduce the frequency of the attacks.

The diary will also act to show your doctor how much of an **impact** migraine has upon your life. Whenever you visit your doctor you should bring your diary along, as it will help him/her to implement a specific treatment plan for you.

The diary is set out for 6 months. Start by filling in the month on top of the page. When you get an attack, find the corresponding day and fill in the row across as fully as you can, going back up to 72 hours before the onset of the attack.

Under '**Medication**' don't forget to include all medication that you have taken, including Paracetamol, Nurofen, Solpadeine, Triptans etc, along with the dosage of your medication as well as any improvements, or side-effects you experience. It is not necessary to write down preventative medications.

When rating your '**Headache Pain Score**', 1 means low level pain and 10 is severe pain. If you do not suffer from a headache during your migraine attack include '0' as your score.

There are countless potential **trigger factors** and they differ for everybody, so you will have to pay close attention to lifestyle, environmental and dietary factors in the 48 hours preceding the attack. Some of the most common triggers can be found in the 'Common Triggers' section of this diary.

The diary also **monitors** the success or failure of treatments and medications:

- Have the attacks become less frequent since you started taking a certain medicine?
- Are they less severe?
- Have you experienced any side effects?

The diary provides you and your GP with a **tool** to answer all these questions if you use it accurately.

We know that space is limited. Please use the 'note' sections to jot down any extra relevant information.

You may also want to come up with your own list of abbreviations.

You can write these in the column provided at the back of the diary.

Migraine Triggers

Triggers do not cause migraines but they can help to bring on an attack. They vary from person to person so knowing your triggers can help to reduce the instances of your migraines.

Triggers can have an effect up to 72 hours prior to onset of a migraine. Make sure to evaluate the sequence of events up to 3 days before a migraine.

Avoid looking at triggers in isolation. Sometimes combinations of triggers can be responsible for bringing on an attack.

Remember, no list is exclusive and that food is not the only aspect that you should watch carefully. The majority of attacks are brought on by non-dietary factors. Make a note of anything that you may even vaguely suspect.

- Hunger/Dehydration

- Missed/Delayed meals
- Alcohol
- Lack of/Excess sleep

- Fatigue/Jetlag
- Extended computer screen use

- Excess exercise
- Hormonal fluctuations

- Sensory overload:
  - Loud noise
  - Strong smells
  - Strong/Flickering light

- Stress/Anxiety
- Travel

- Strong emotions
  - Excitement/Bad news
- Weather changes

- Smoke/Pollution
- Smoked fish
- Specific foods:

  - Aged cheeses:
    - Blue/Gouda
    - Brie/Parmesan

  - Caffeine
  - Chocolate

  - Citrus foods
  - Lemon/Lime/Orange
- Coffee

- Cold food/drinks
- Fizzy drinks
- Gluten
- MSG

- Nitrates
- Bacon
- Salami

- Ham

- Processed food
- Nuts

My Triggers

Very Common:

Common:

Rare:

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Month: The Migraine Association of Ireland

Day	Headache Pain Score (1-10)	Symptoms	Acute Medications	Time to Headache Relief (if any)	Possible triggers
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes

NOTES

ABBREVIATIONS

Abbreviation → *Meaning*

Become a Supporter of The Migraine Association of Ireland

The Migraine Association of Ireland is a registered charity and we rely on the kindness and generosity of our supporters whose donations and support ensure we can provide FREE seminars and support services to migraine sufferers throughout Ireland.

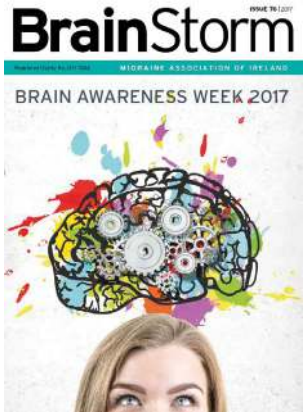
What your donation helps to provide:

- Call-save Helpline: 1850 200 378(ROI) or 0844 826 9323 (NI)
- Specialist Nurse Advice Line: 01 7979848
- Online Resources and information on Ireland's only dedicated migraine information website www.migraine.ie
- Information Seminars, Self Help Courses and Workshops for migraine sufferers and their families.
- Public Awareness Campaigns to help highlight the plight of sufferers and help wider society understand the severity of the condition.
- Outreach Events, publication and print costs for information leaflets.
- Lobbying and Advocacy at a National and European Level.
- Health Professional Training to ensure GP's and other Health Professionals have a comprehensive knowledge of migraine, so helping more efficient diagnosis of the condition in patients.
- Employer Training: we provide low cost workshops to Employers and their employees helping them better understand and support their colleagues who suffer migraine in the workplace.

You can join online at www.migraine.ie from as little as €10 a year. Your contribution will ensure the continuation of these services, resources and help ease the burden of those suffering migraine in Ireland.

Supporters of the Migraine Association will also receive the following in thanks and recognition for your donation:

- Brain Storm Magazine (3 times a year): featuring migraine related medical news national and international, patient stories, information and advice on living with migraine and updates on activities and events at the Migraine Association.
- A packet of leaflets on all aspects of migraine
- Access to the 'Members Only' section of our website

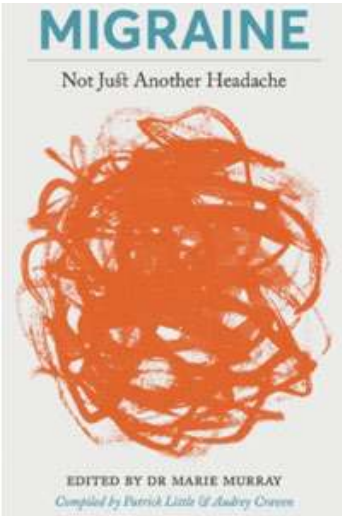


It is estimated that approximately 500,000 people suffer from migraine in Ireland alone and that every day across Ireland 13,000 attacks occur.

The World Health Organisation labels migraine the 7th most disabling disease in the world and yet this condition is often misunderstood and much maligned, causing many people to suffer unduly throughout their lives.

The Migraine Association of Ireland in partnership with Dr. Marie Murray has produced a comprehensive and innovative self help book on the complex and debilitating condition that is Migraine.

Migraine Not Just Another Headache describes migraine in detail, its diagnosis, impact, trends, triggers, treatment and the lived experience of those who suffer migraines in their everyday lives.



Includes chapters on:

- The Pathology of Migraine and Different Triggers for Different Types of Migraine (Professor Orla Hardiman)
- An Introduction to Migraine (Patrick Little, CEO Migraine Association of Ireland)
- Migraine in Children (Dr. Deirdre Peake, Consultant Paediatric Neurologist)
- Migraine in Sport (Dr. Eddie O'Sullivan, Migraine Clinic Cork)
- Migraine in the Workplace (Professor Caoimhín MacMaoláin, Associate Professor Of Law, Trinity College)
- Headaches in GP Practice & Women and Migraine (Dr. Paddy Daly)
- The Psychology of Migraine (Dr. Marie Murray)
- A Life Living with Migraine (Audrey Craven, founder of Migraine Association of Ireland).

No fee was paid to any of the contributors to the book and a percentage of the sales price of the book goes to The Migraine Association of Ireland, a registered Irish charity.

***Migraine Not Just Another Headache* is available online from www.migraine.ie.**

CALL-SAVE HELPLINE
1850 200 378(ROI)
0844 826 9323 (NI)

Address: The Migraine Association of Ireland,
Unit 14, Block 5, Port Tunnel Business Park,
Clonshaugh, Dublin, D17 WK24

Specialist Nurse Advice Line: 01 797 9848

Phone: 01 894 1280 / 01 894 1281

E-mail: info@migraine.ie

www.migraine.ie

Please note that the contents of this booklet are for information purposes only.
This is not intended to replace medical advice or diagnosis.

This diary is provided by GlaxoSmithKline Ireland Ltd. as a service to people who suffer from migraine

IE/STP/0001/17a Date of Preparation: June 2017