

## Your Migraine Symptom (ID Migraine™) Questionnaire Results

You may want to make an appointment to talk to your doctor about your symptoms. Make sure to bring these answers with you. That way, you can get the most out of your visit.

### Assessment results

If you answered "yes" to any questions, you should talk to your doctor about your symptoms.

1. Has a headache limited your activities for a day or more in the last 3 months?  Yes  No
2. Are you nauseated or sick to your stomach when you have a headache?  Yes  No
3. Does light bother you when you have a headache?  Yes  No

### Additional topics

Keep these migraine topics in mind to prepare for your conversation.

- How happy are you with your current treatment?
- How many days per month do you experience migraine attacks?
- How bad is it and how long do the migraine attacks typically last?
- Have your migraine attacks changed at all over the past 3 to 6 months?
- Do you ever have symptoms before a migraine attack? What are they like during an attack?
- What sort of triggers (eg, certain types of food, stress, hormones/ menstruation, light, high altitude, lack of sleep, weather changes, etc) seem to bring on your attacks?

#### About the ID Migraine™ tool

The ID Migraine™ tool is a valid and reliable screening tool in use since 2003, validated in a published study in the *Neurology Journal*. It is not intended to replace discussions with a healthcare professional to receive an official diagnosis.