

# 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 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 help provide your doctor with a clear picture of exactly how migraine impacts your life.

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**

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.



## YOUR TOTAL NUMBER OF MIGRAINE ATTACKS AND MIGRAINE-AFFECTED DAYS

During a migraine attack you may experience a number of symptoms. With these four answers, your doctor can calculate the number of migraine-affected days in a typical month. Use our Migraine Impact Tracker on our website to easily track this yourself at: [www.speakyourmigraine.ca/tools-resources/migraineimpacttracker](http://www.speakyourmigraine.ca/tools-resources/migraineimpacttracker)

- 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?

  
  
  


## YOUR MIGRAINE MEDICATION

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

- 5 How many days in a typical month do you treat your migraine symptoms with medication?
- 6 Please list your medications below.

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## YOUR MIGRAINE LIFE

Migraine can impact many areas of your life. Explaining this to your doctor will help you get better treatment options and make discussions more productive.

- 7 On average, how many days per month do you miss work (paid occupation), events and domestic responsibilities because of migraine?
- 8 Describe how you feel about your migraine.

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