

MIGRAINE PREVENTION QUIZ



Ask yourself the following questions, then show your results to your physician. Together you can decide if it's time to take a proactive approach to manage your migraines through preventative medication.

ASK YOURSELF THESE QUESTIONS AND TALK TO YOUR DOCTOR ABOUT YOUR RESULTS.

- 1 Do your migraine attacks have a significant impact on your life despite receiving acute medications and making lifestyle modifications/trigger management?
- 2 How many days in an average month do you use acute medication to manage your migraines?
- 3 Do you have **>3 moderate or severe headache days a month** when acute medications are not reliably effective?
- 4 Do you have **>8 headache days a month** even when acute medications are optimally effective?
- 5 Do you have any other **medical conditions/medications that have contraindications** to acute migraine therapies?

Y / N

Y / N

Y / N

Y / N