

About you

Name: _____

Date of Birth: _____

Day/Time Pain Began: _____

Location of Pain: _____

Medication (if any):

Name: _____

Time Taken: _____

Dose: _____

Effect: _____

Your pain

Type of Pain:

- arthritis
- body pain
- dental pain
- headache
- menstrual cramps
- migraine
- sinus pain

Severity of Pain:

Please indicate on a scale of 1-10, the severity of your pain for each of the following symptoms.

- disturbed vision
- nausea
- sensitivity to light
- sensitivity to noise
- stiffness / lack of mobility
- vomiting

Triggers: (if any)

- stress
- lack of sleep
- menstruation
- heavy smoking
- excessive eating
- consumed one or more of the following: milk, citrus fruits, alcohol, chocolate
- hunger
- damp weather
- cold weather
- lack of exercise

Migraine pain

Check off any of the following factors which may have triggered your migraine.

External Stimuli:

- cold, dry weather
- high temperature together with high humidity
- change in weather with sharp changes in temperature
- sharp increase or decrease in air pressure (for example in aircraft)
- glaring light
- high noise level
- strong odor: heavy perfume, solvent

Psychological Triggers:

- worry
- anxiety
- stress or anticipation of stress or the release from stress
- perfectionism
- depression
- shock
- grief

Physiological Triggers:

- irregular an insufficient sleep
- changed sleep patterns at the weekend or on holiday, especially too much sleep ("week-end or holiday migraine")
- irregular meals or missing breakfast, therapeutic fasting
- late night
- physical over-exertion: carrying heavy weights, walking too quickly or running, intensive training without slowly warming up beforehand
- too hot shower or bath
- jetlag after long flight
- smoking
- hormone changes (e.g. caused by menstruation)
- the Pill (oral contraceptives)

Consumed one or more of the following:

- alcoholic drinks, especially red wine
- drinks containing caffeine, especially coffee
- mature cheese
- fatty foods such as sausage, ham and salami
- eggs
- beans
- onions
- seafood
- chocolate
- citrus fruit
- nuts
- gluten in wheat flour
- nitrates in meat
- fish
- additives such as glutamate (Asian cooking)
- medicine