

Chronic Migraine Screener

What is Chronic Migraine?

Chronic Migraine is a condition defined as 15 or more headache days a month with each headache lasting 4 hours or more per day. At least half of the headaches should be migraine.¹

How to use this screener

The following questions can help you and your physician understand your condition and help determine if you may have Chronic Migraine. Being thorough about your headaches/migraines will help your physician determine how much your headaches affect your daily life, and help get you to a more accurate diagnosis and find treatment options that are right for you.²

Personal information

Name _____

Date of birth _____

Important information before you get started

What are headache days?

It's important to understand the number of days you had *headaches* (including migraines) rather than the number of *attacks*.²

- For example, you may have a headache that starts on Monday and doesn't go away until Wednesday; it may be 1 attack, but that's considered 3 *headache days*

Remember to provide your doctor with an accurate number of **ALL of the days you experience headache pain of any kind.**

Are migraine days the same as headache days?

Some of your headaches may be a type of headache known as a *migraine*. If you experience any combination of the following symptoms, your headache may be a migraine³:

- Constant, throbbing pain felt on 1 side of the head (but can be on both sides)
- Sensitivity to light and sound
- Nausea and/or vomiting
- Headaches that get worse with movement (you may want to lie down)

Whether your headache is a migraine or not, it still counts as a *headache day*.

What if the headache gets better or goes away after I take medicine?

You should also count days that you treated/resolved your headache/migraine with either over-the-counter medication like ibuprofen or prescription medication like sumatriptan. These days are still considered as days *with* headache.