



# The New England Center for Headache Headache Calendar

Phone: 203.968.1799 Fax: 203-968-8303

Web: <http://www.headachenech.com>

Name: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_ Baseline HA Index (For Doctor Use Only): SEVERE: / MODERATE: / MILD: /

	Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
<i>Headache Severity</i>	<i>Morning</i>																																
	<i>Afternoon</i>																																
	<i>Evening/Night</i>																																

Scale of 0 - 3 No pain = 0 1 2 3 = Pain as bad as it can be

### SYMPTOMATIC MEDICATIONS (Tablets/Injections/Nasal Sprays/Suppositories)

**Instructions:**

**LIMITS:**

Name:	Dose:																																
	<b>Overall Relief</b>																																
Name:	Dose:																																
	<b>Overall Relief</b>																																
Name:	Dose:																																
	<b>Overall Relief</b>																																
Name:	Dose:																																
	<b>Overall Relief</b>																																

Relief: 0 - 1 - 2 - 3    0 = None    1 = Slight Relief    2 = Moderate Relief    3 = Complete Relief

### PREVENTATIVE MEDICATIONS

**Instructions:**

Name:	Dose:																																
Name:	Dose:																																
Name:	Dose:																																

MENSTRUAL PERIODS																																
TRIGGERS (See Back of Pg.)																																
DISABILITY FOR THE DAY																																

0 = NONE    1 = ABLE TO CARRY OUT ACTIVITIES FAIRLY WELL    2 = DIFFICULTY WITH USUAL ACTIVITY, MAY CANCEL LESS IMPORTANT ONES  
3 = HAVE TO MISS WORK (AT LEAST HALF OF THE DAY) OR GO TO BED FOR PART OF THE DAY

---

**PLEASE INDICATE THE OVERALL SEVERITY OF YOUR HEADACHE PROBLEM OVER THE PAST MONTH (CIRCLE ONE):**



## HEADACHE TRIGGERS

### Hormones

1. Menses
2. Ovulation
3. Hormone Replacement Therapy

### Diet

4. Alcohol
5. Chocolate
6. Aged Cheeses
7. Monosodium Glutamate (MSG)
8. Aspartame (Nutrasweet/Equal)
9. Caffeine
10. Nuts
11. Nitrites, Nitrates
12. Citrus Fruits
13. Other

### Changes

14. Weather
15. Seasons
16. Travel
17. Altitude
18. Schedule Changes
19. Sleeping Patterns (Too little/too much)
20. Diet
21. Skipping Meals

### Sensory Stimuli

22. Strong Light
23. Flickering Lights
24. Odors

### “Stress”

25. Let-Down Periods
26. Intense Activity
27. Loss (Death, Separation, Divorce)
28. Relationship Difficulties
29. Job Loss/Change
30. Crisis
31. Other

### EXERCISE:

### RELAXATION EXERCISES AND TIME FOR SELF:

### VITAMINS/MINERALS/HERBS/SUPPLEMENTS:

#### Multivitamin:

Vitamin B6: 50mg/100mg each a.m.

Vitamin B2: 100mg/200mg/400mg each a.m.

Vitamin E: 400IU Once/ Twice per day

Vitamin C: 500 -2000mg/day

Magnesium: 200Mg/400mg each a.m.

Feverfew: As per brand

Ginger Capsules: One Capsule for nausea up to 4 times per day

### OTHER MEDICATIONS AND DOSAGES:

### SPECIAL INSTRUCTIONS: