

<b>Types of Headache</b>	<b>Symptoms Remarks</b>
<b>Migraine</b>	There is a very good chart under migraine that is very descriptive.
<b>Tension</b>	The symptoms are a dull and pressing band like feeling around the head. They may occur daily. Often these headaches are present when one awakens. About 10% of people are awakened at night.
<b>Cluster</b>	These are called seasonal headaches. Mostly males get cluster headaches more at a 5 or 6 to 1 ratio. These are not migraines and are often mis-diagnosed.
<b>Cervical</b>	These are headaches that originate in the pain sensitive parts of the neck of which there are many.
<b>Post-traumatic</b>	Auto injuries and any other injury that causes a hyperflexion and/or hyperextension of the neck can result in these headaches that can last for years.
<b>Brain Tumor</b>	Brain tumor headaches usually worsen at night and have other neurological findings that indicate MRI should be done. Headache needs to be identified first and then the most logical and appropriate solution then should be accomplished.
<b>Temporal Arteritis</b>	This type of headache usually occurs in males over age 50 and fatigue, fever, sweating, headache at one side of the head in the temporal region, painful temporal artery, and jaw pain.
<b>Eye disorders</b>	Glaucoma

# The Headache Diary of:

NOTE: (for those with identified headache)

<b>I had a headache today!</b>  Mark date/day	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>	_____ <b>Y</b>  <b>N</b>
<b>I had the visual aura!</b>  Describe Type Spots, blurred, waves, etc.	<b>Type</b>	<b>Type</b>	<b>Type</b>	<b>Type</b>	<b>Type</b>	<b>Type</b>	<b>Type</b>	<b>Type</b>
<b>My headache on a 1 to 10 scale was.....</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>	<b>1-10</b>  <b>/10</b>
<b>AM/PM?</b>  <b>Headache Began</b>  <b>Headache Ended</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>	AM/PM?  _____  _____  <b>Location:</b>
<b>Actual Symptoms associated with Migraine or Headache</b>								
<b>Remedy and/or Treatment for Migraine or Headache</b>								
<b>Any relief achieved?</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>	<b>Y</b>  <b>N</b>
<b>Any known headache triggers such as food, beverage, and physical stress, or weather?</b>								

<p style="text-align: center;"><b>Types of Migraine</b></p>	<p style="text-align: center;"><b>Symptoms and Remarks</b></p>
<p style="text-align: center;"><b>Classical Migraine with Aura</b></p>	<p style="text-align: center;">Aura consisting of at least one of the following, but no muscle weakness or paralysis:</p> <ul style="list-style-type: none"> <li>• flickering lights, spots, lines, loss of vision, one-sided: self-limiting</li> <li>• pins and needles, numbness: self-limiting</li> <li>• speech disturbance: self-limiting</li> </ul>
<p style="text-align: center;"><b>Classical Migraine without Aura</b></p>	<p style="text-align: center;">This is the most commonly seen form of migraine and could sometimes occur with aura. This recurrent headache lasts from a few hours to as long as 3 days.</p> <p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>• One-sided</li> <li>• Pulsating sensation,</li> <li>• Moderate or severe intensity,</li> <li>• Aggravation by physical activity and</li> <li>• Nausea and/or vomiting</li> <li>• Photophobia (sensitivity to light)</li> <li>• Phonophobia (sensitivity to sound)</li> <li>• Headache attacks lasting 4-72 hours when untreated</li> <li>• Unilateral location</li> <li>• Pulsating quality</li> <li>• Moderate or severe pain intensity</li> <li>• Aggravation by or causing avoidance of routine physical activity</li> <li>• Nausea and/or vomiting</li> <li>• Photophobia and phonophobia</li> </ul>

<b>Abdominal Migraine</b>	<p>This happens in children and there is no head pain just abdominal pain and symptoms.</p> <ul style="list-style-type: none"><li>• Loss of appetite</li><li>• Nausea</li><li>• Vomiting</li></ul>
<b>Hemiplegic Migraine</b>	<p>There may be paralysis in a limb.</p>
<b>Acephalic Migraine</b>	<p>There may be aura symptoms but there is no migraine.</p>