This guide has been developed and funded by Pfizer I td



Disease awareness guide
intended to support
members of general public
who may be migraine
sufferers in seeking doctor's
advice and support for
migraine

This guide contains aspects to consider and how to prepare in order to make the most out of their appointment with their doctor.

We understand that making an appointment to see your doctor about your migraine attacks can feel daunting.

Some people worry that the doctor will think their condition is not significant, or that their doctor is not interested, or even that there is nothing their doctor can do to help.

But please know that your doctor will always want to support you. They understand that migraine is a medical condition and have a range of options available to help you.

Preparing in advance will help you and your doctor make the most of your visit.

Before your appointment

Consider how your migraine attacks impact your daily life and wellbeing

Migraine is a very individual condition. Telling your doctor how your migraine attacks are impacting your life will help them to fully understand what is happening and how to help you.

You may want to think about whether your migraine attacks have affected your:

- Work/career
- Relationships with family, friends, colleagues
- Hobbies
- Social life
- Thoughts and emotions

TOP TIP: Take things one step at a time

- Finding the right treatment for you will be a journey that you go on with your doctor.
- The most important step is the first

 making an appointment to talk to your doctor



Consider your goals

Just as every individuals migraine is different, so are their goals when going to see the doctor and it can help both you and your doctor to make shared decisions about your treatment if you come prepared to discuss these.

Some of these goals might relate to the characteristics of your migraine e.g.,

- prevent the occurrence of headaches
- reduce the number of monthly migraine days
- be pain-free during an attack
- be free of bothersome symptoms during an attack
- reduce or eliminate migraine associated disability

Some of these goals might relate to the life you want to lead e.g.,

- do you want to be able to R.S.V.P to a wedding invite and know you'll be able to attend?
- do you want to return to full time work?
- do you miss a particular hobby?

| You may wish to make a note of your goal in the space below | | | | | | |
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Know your treatment history



Details of the migraine medications you have already tried/are currently taking and medications you are currently taking for other conditions will help your doctor make decisions about the most appropriate management plan for you.

PREVIOUS MEDICATION

You may want to list any previous medications you have tried for migraine. These can be prescriptions or those purchased over the counter, supplements or procedures for your migraine attacks

How long did you try them for?

Did they help your migraine attacks?

Did you experience any side effects?

CURRENT MEDICATION What medications are you currently

taking? Include any you are taking for other conditions, including prescription or over the counter medications, as well as supplements and medical procedures

How long have you been taking your medication for migraine?

Have you noticed a reduced number or severity of migraine attacks?

Does your migraine medication adequately reduce the pain (and/or other associated symptoms) during your migraine attack?

Have you experienced any side effects?

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effect not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at https://yellowcard.mhra.gov.uk/ or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of medicines or vaccines.

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Make a note of your questions



There's no such thing as a stupid question, especially when it comes to your health.

You deserve to leave your appointment feeling listened to and confident in the plan made. Think of your questions as a means to empower you to know more about your health. In addition, asking questions tells your doctor that you're engaged in your care and ready and willing to participate.

Example questions

How do I know if what I am experiencing is migraine?

What factors might contribute to my migraine?

How can I handle medication side effects?

Could any of my current medications affect my migraine attacks?

How do I know if my migraine management plan is working?

Talking to your doctor doesn't need to be scary or stressful.

It is you telling your migraine "enough is enough" and
"I'm taking control"



| Notes | | |
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Did you know?

Your doctor wants to engage with you in shared decision making – a collaborative process bringing together the doctor's clinical expertise with your own preferences, goals, values and beliefs, to support you in making health-related decisions that are right for you

During your appointment



Take your time and don't be afraid to check your notes or ask questions – this is your appointment



Try to be open and honest – the more information the doctor has, and the more accurate this information is, the better equipped the doctor will be to help



Remember there is nothing to feel guilty or ashamed about – migraine is a neurological condition. Your doctor knows this and will do their best to support you

After your appointment



You may want to book a follow-up appointment with your doctor



Continue recording your migraine attacks in your headache diary – this will help your doctor assess what works, what doesn't, and what to do next



Take any medication as your doctor directed

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Headache Diary

| Regular medication: | | |
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Month:

| Date | Duration | Severity (0 = no pain, 10 = worst pain) | Symptoms experienced, for example (D=Dizziness, V=Vertigo, L= Light sensitivity, S= Sound sensitivity, M=Movement sensitivity) | Any medication taken for migraine? | Comments (e.g. triggers, menstruation, changes in medication, your observations |
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