



**PATIENT FIRST™**  
— NEUROLOGY —

*"Patient Care is our FIRST Priority."*

## **Is Your Headache a Migraine Headache?**

An easy method to determine if headaches are migraines headaches was developed by Richard Lipton, MD, Professor and Vice Chair of Neurology at the Albert Einstein College of Medicine in New York and a team of researchers.<sup>1</sup> Known as the ID Migraine™ migraine screener, it is a 3-question, self-administered test taken by headache sufferers. Results are to be examined by and discussed with health-care professionals and are intended to be a screening tool and not a diagnostic test.

Patients should answer the following 3 questions:

**1. Has a headache limited your activities for a day or more in the last 3 months?**

\_\_\_yes \_\_\_no

**2. Are you nauseated or sick to your stomach when you have a headache?**

\_\_\_yes \_\_\_no

**3. Does light bother you when you have a headache?**

\_\_\_yes \_\_\_no

An answer of "yes" to any 2 of the 3 questions above suggests that headache is migraine headache.

<sup>1</sup> Lipton RB, Dodick D, Sadovsky R, et al. A self-administered screener for migraine in primary care: the ID Migraine™ validation study, *Neurology* 2003;61:375-382.