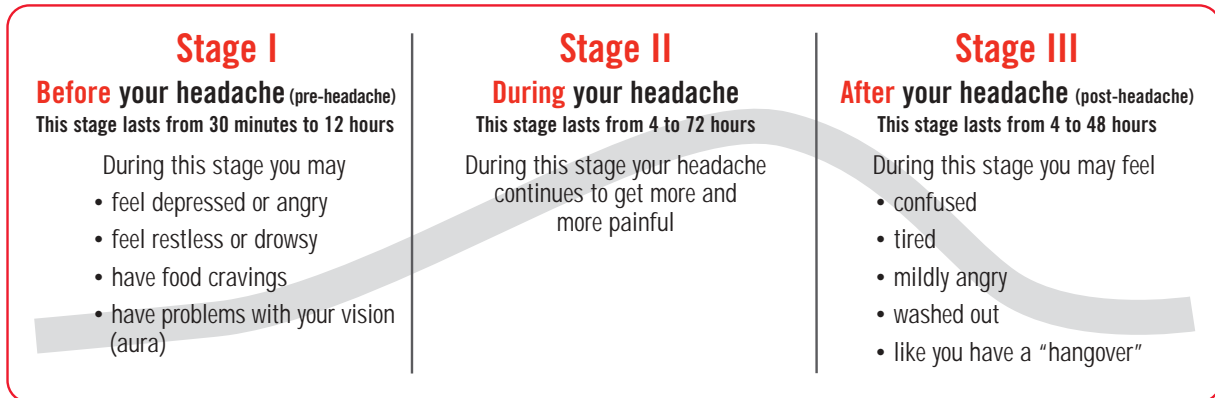


Learn more about your migraines and your Migraine Attack Profile (M.A.P.)

Did you know that migraines can happen in 3 stages?




- Your M.A.P. shows you and your doctor what happens before, during, and after your headache
 - how long it took for the migraine to come on
 - how long the migraine lasted (duration)
 - if or how often the migraine came back (recurrence)
- You may experience some or all of the stages of migraine. Not everyone experiences all 3 stages during each migraine attack
- Knowing more about your migraine will help your doctor choose the treatment that's best for you

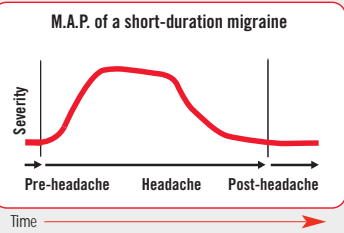
What kind of migraines do you have?

Migraines that last a few hours?

- ✓ Your headache gets very painful very fast
- ✓ Your headache moves from start to finish in a matter of hours



M.A.P. of a short-duration migraine




Severity

Time

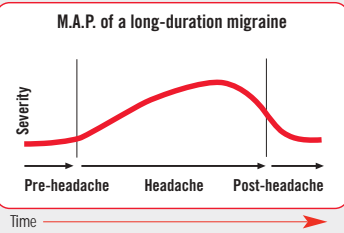
Pre-headache Headache Post-headache

Migraines that last a day or more?

- ✓ Your headache continues to get worse and worse over time
- ✓ Your headache takes a day or more to go away



M.A.P. of a long-duration migraine




Severity

Time

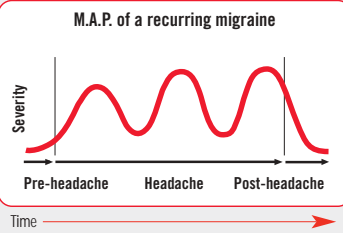
Pre-headache Headache Post-headache

Migraines that keep coming back?

- ✓ You need to keep taking medicine throughout the day to control your headache
- ✓ Your headache seems to get better and then it comes back



M.A.P. of a recurring migraine



Severity

Time

Pre-headache Headache Post-headache

Draw your M.A.P. on the next page and talk to your doctor about your migraines

What does your M.A.P. (Migraine Attack Profile) look like?

Draw your M.A.P. in the space below and discuss it with your doctor

Like the diagrams on the other page, your M.A.P. will be a single-line drawing

- Start in the left-hand column, "Stage I." Place your pencil or pen at the point you feel best shows the level of symptoms you have when you know that you are going to have a migraine
- If your symptoms get worse gradually, the line of your M.A.P. will rise gradually. If the pain gets worse suddenly, the line will rise suddenly
- Continue drawing your M.A.P. through Stages II and III. Write the amount of time spent in each stage of your migraine in the spaces provided

	Stage I Before my headache (pre-headache)	Stage II During my headache	Stage III After my headache (post-headache)
Severe			
Moderate			
Mild			
None	<p>During this stage you may</p> <ul style="list-style-type: none"> • feel depressed or angry • feel restless or drowsy • have food cravings • have problems with your vision (aura) <p>My pre-headache stage lasts ____ hours (This stage can last from 1/2 hour to 12 hours)</p>	<p>During this stage your headache continues to get more and more painful</p> <p>My headache stage lasts ____ hours (This stage can last from 4 to 72 hours)</p>	<p>During this stage you may feel</p> <ul style="list-style-type: none"> • confused • tired • mildly angry • washed out • like you have a "hangover" <p>My post-headache stage lasts ____ hours (This stage can last from 4 to 48 hours)</p>

1. Add together the time spent in each stage of the migraine.
This is the length of your total migraine (____ hours)

2. Write down anything about your migraines that you think your doctor should know.

■ Your doctor may want to use the space below to write comments. All of this information can be added to your medical files to help you and your doctor manage your migraines.
