

## Headache Diary

- Keeping a careful diary of your headaches can help your pediatrician determine the type of headaches you are having, what may be causing the headaches, and how best to treat them. A pattern may become clear when a diary is kept, that wouldn't be apparent without it. It is most helpful for us if you keep your headache diary on a calendar or in a daily planner

Please use the following as a guide to keep your diary. Also, please add any additional information you feel is important.

Please list the following in your headache diary:

- Make an entry in the diary every day even if you do not experience a headache that day; just write the date and "no headache".
- Time of day the headache occurred
- Make a special notation, and be sure to tell your pediatrician, if you woke at night or first thing in the morning with a headache
- What you were doing when the headache started
- List the contents of your last meal or snack before the headache started
- Were you tired or anxious about something that day?
- Where you were when the headache started, i.e. at school, home, etc
- If you had an aura or sense that the headache was coming
- If you were sensitive to light
- If there was a problem with your vision or were you seeing spots
- If you were nauseated
- If you vomited
- Where on your head you felt the pain
- How bad, on a scale of 1-10, the headache was. One means very, very mild and ten means the worst headache you could imagine
- How long it lasted
- What made it better
- What made it worse
- Any medicine taken for the headache and if so, did it help
- Was it your "usual" headache or different from usual

When you schedule your visit for headaches, let the receptionist know that the appointment is to evaluate chronic headaches. She will schedule extra time for your appointment. Don't forget to bring your diary with you to the appointment! Call the office sooner if you have a severe headache.