

Migraine diary

Recording details of your migraines can help identify the best ways to treat them.

Date	How long	How bad (1 mild, 10 worst)	Symptoms	Medication used	Other comments

Some factors that may contribute to development of migraine*

Stress



Tip: Practice relaxation therapy/meditation

Changes in sleep schedule



Tip: Try to sleep at the same time every day; limit technology at night

Medication overuse



Tip: Taking too much of your migraine medication can cause more attacks

Foods

(alcohol, caffeine, MSG, aged cheese, cured meats, etc.)



Tip: Use a diary to identify foods that cause migraine symptoms within 24 hours of eating

Sensory stimulation



Tip: Wear sunglasses, avoid strong perfumes, and sit in a quiet room

Hormonal changes



Tip: Some people have migraines during their period because of estrogen changes

***Speak with your pharmacist or doctor if these factors contribute to your migraines.**



Acknowledgments

APhA gratefully acknowledges financial support from Pfizer for the development of this resource.

The following individuals served as content developers and reviewers:

Maya Harris, PharmD, Executive Resident, American Pharmacists Association

Katie Meyer, PharmD, BCPS, BCGP, Sr. Director of Content Creation, American Pharmacists Association

Richard Wenzel, PharmD, CPPS, Consultant Pharmacist, Chicago Headache Center and Research Institute

DISCLAIMER: APhA does not assume any liability for how pharmacists or other health care professionals use this resource. In all cases, licensed health care professionals must use clinical judgment to ensure patient safety and optimal outcomes.

© 2024 by the American Pharmacists Association. All rights reserved.

