

What you need to know about MANAGING MIGRAINE

WHAT TO TELL YOUR DOCTOR

How often you have a migraine attack

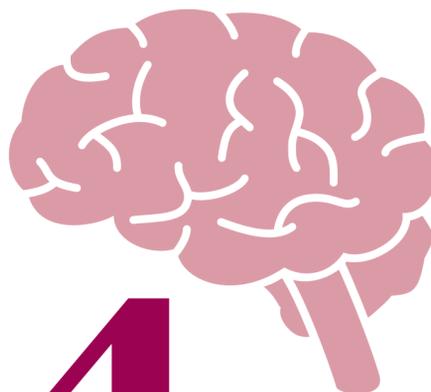
Your doctor will decide how to manage your migraine based on the number of days in a month you have a migraine attack. Are they getting less frequent? Are they staying the same?

What triggers your migraine attacks

Keep track of things like sleep patterns, diet, caffeine intake, and menstrual cycle dates and duration so you and your doctor can understand your personal triggers and find ways to reduce migraine frequency.

How disruptive the pain is

An important factor is how migraine pain and other symptoms affect your life. Do they interfere with work or your ability to care for your family? Ask your doctor about the Migraine Disability Assessment (MIDAS), a questionnaire to measure how disabling your attacks are.



4 MILLION
Americans have chronic daily migraine

113M

Work days missed per year in the U.S. due to migraine

Someone in the U.S. goes to the ER for a migraine or headache every



10 seconds



39 MILLION
Americans live with migraine

HEALTHY LIVING TIPS

KEEP A ROUTINE

Give your brain as much stability as possible. Go to sleep and wake up at the same time every day, eat regular meals, drink plenty of water, and try not to drastically change the amount of caffeine you have in a day.

GET MOVING

Exercise can help you sleep better and reduce stress, two common migraine triggers. Being active also releases natural painkillers called endorphins.

DON'T SKIMP ON SLEEP

Aim for seven to eight hours a night. Not getting enough good-quality sleep can bring on a migraine.

SOURCES: American Headache Society, Migraine Research Foundation, Mayo Clinic, Migraine Trust, University of Michigan, Oregon Health & Science University

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Let's talk about the full impact of migraine.

When talking with your doctor today, take some time to discuss how much migraine can affect your life.

Total Number of Attacks/Episodes (Average)

1. How many migraine attacks/episodes do you have in a typical month?

Total Number of Migraine-Affected Days

1. How many hours before the migraine attack/episode starts do you feel symptoms coming on?

2. How many hours does your migraine attack/episode typically last?

3. After the migraine attack/episode ends, how many hours does it take you to start feeling like yourself again?

Jason G. is an actual migraine patient. He has been compensated for his time. ©2017 Amgen Inc. All Rights Reserved. USA-334-058723

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