

Migraine Prevention Screening

The painful truth about migraine:

- Migraines affect 1 in every 4 households in America - that's 29.5 million people
- More than 11 million Americans suffer from moderately to severely debilitating migraines.

The goals of migraine prevention are to:

- Reduce the frequency, severity and duration of your migraines
- Improve your ability to carry out your daily activities
- Improve your response to medicines you take as migraines occur

These goals can be achieved:

- A combination of education, lifestyle changes, and drug and non-drug therapies can help you achieve your migraine prevention goals
- A realistic goal for most migraine sufferers is to cut their headache frequency by half

Migraine Prevention Screening Test

To assist in educating you about migraine prevention, the NHF and Abbott Laboratories worked together to develop a new tool to help you understand the benefits of preventive treatment and guide you in talking with your healthcare provider.

The migraine prevention-screening tool was developed based on the U.S. Headache Consortium guidelines. There are six questions that assess the impact of migraine on your life. To use the tool below, simply click on your answer.

Name _____ Date _____

Ask yourself

1. Do your migraines have a substantial impact on your life?
 Yes No
2. Do you have recurring migraines that significantly interfere with your daily routine?
 Yes No
3. Does the medicine you take during a migraine attack fail to work?
 Yes No
4. Is your monthly migraine medicine become more costly?
 Yes No
5. Does the fear of future migraines keep you from vacations, parties, or having visitors?
 Yes No
6. Are you interested in learning more about preventing your migraines?
 Yes No

If you answered "YES" to any of these questions, you might benefit from preventive treatment. Print a copy of this tool to take to your healthcare provider and discuss whether migraine prevention treatment is right for you.