Patient Name

Physician

RALEIGH NEUROLOGY ASSOCIATES, P. A.

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HEADACHE DIARY

One of the most important tools in headache prevention is the headache diary. It is used by doctors to determine the undelrying causes and patterns related to your headache. Many of our patients actually feel better after completing their headache diary because they become more aware of what triggers the headache and may even help with your pain.

Below is a 7-day diary to get you used to recording information about the type, intensity and location of your pain, as well as the warning signs and symptoms. After you begin recording the information, you might be able to quickly see some patterns emerging with regards to situations, foods or activities that seem to trigger the pain. Please bring this diary to your next meeting with the neurologist at RNA.

Headache triggers include alcohol, chocolate, aged cheese, citrus fruits, cured meats, MSG, NutraSweet®, skipped meals, nuts, onions, salty foods, excess caffeine, stress, fatigue, missed medication, eyestrain or other visual triggers.

	Warning signs and symptoms:	Duration of pain:	Type of pain:	Intensity of pain:	Location of pain:	Treatment or medication(s) taken:	Effect of treatment:	Hours of sleep:	What I ate today:	How everyday activities were enabled:
DAY 1 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 2 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 3 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 4 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 5 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 6 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						
DAY 7 Day Date		Start time End time		LOW 1 2 3 4 5 6 7 8 9 HIGH						