

HEADACHE KEYS

(*1) HEADACHE SEVERITY SCALE

| | | |
|----------|----------|---|
| <u>1</u> | <u>5</u> | <u>10</u> |
| MILD | MODERATE | SEVERE (Worst headache you've Ever had) |

(*2) TRIGGERS

1. Emotional upset (Family, Friends, Occupation)
2. Too little sleep
3. Too much sleep
4. Strenuous exercise
5. Strenuous labor
6. Anticipation/Anxiety
7. Crisis
8. New Job/Position
9. New Move
10. Menstrual days
11. Physical illness
12. Weather
13. Fasting
14. Missing a meal
15. Food & Drink Excesses (Caffeinated beverage, chocolate, vinegar, fermented foods, freshly baked yeast product, nuts, peanut butter, Monosodium Glutamate- MSG, onions, citrus fruit, bananas, pork, ripened cheese, avocado, cured cold cuts- lunch meats, wine, beer, alcohol)
16. Other _____

(*3) HEADACHE DISABILITY- HOW DISABLING IS YOUR HEADACHE

| | | |
|--|----------|--|
| <u>1</u> | <u>5</u> | <u>10</u> |
| MILD (Not keeping you from doing what you normally do) | MODERATE | SEVERE (Totally keeps you from doing work or daily activities) |

(*4) HEADACHE RELIEF SCALE

| | | |
|-----------|-----------------|--------------------------|
| <u>1</u> | <u>5</u> | <u>10</u> |
| NO RELIEF | MODERATE RELIEF | COMPLETE HEADACHE RELIEF |