What Is Migraine?

A migraine is more than just a very bad headache
• It can make you feel sick in other ways too.
• It can keep you from doing your work or daily tasks.
• It can keep you from enjoying life.

Migraine pain can be mild to severe
• It is often on one side of the head.
• It throbs or pounds.
• It may get worse when you move.

Migraine may cause other symptoms
• You may feel sick to your stomach or vomit.
• Light or sound may bother you.
• You may have vision changes (aura) before or when a migraine starts.
• Some people also:
  – Feel pain in the back of the neck
  – Feel pain on both sides of the head
  – Feel pain in the face or around the eyes
  – Feel pain in the sinus areas
  – Have a stuffy or runny nose
  – Have watery eyes

Migraine is not the same for everyone
• You may have some or all of the symptoms listed above.
• Your migraines may last a few hours or as long as 3 days.
• You may have migraines often or just a few times a year.
• Your symptoms may change with each migraine or stay the same.
• You can have migraines and still have other types of headaches.

Work with your doctor to learn more about your headaches so you can feel better.
MIGRAINE pain can disrupt your life. But it doesn’t have to. Many treatments can help reduce the impact of migraines. By learning all you can and working with your health-care provider, you can find out which treatments fit your needs.

For treatment information, self-help tips, and more, visit: www.1on1health.com
Learn About Migraine

Migraines are a type of headache. They are very common. In fact, there is a migraine sufferer in almost one out of every four homes. Head pain is the main symptom.

Experts don’t know what causes migraines. But they think migraine pain is linked to changes in chemicals in the brain that cause blood vessels on the surface of the brain to swell. This causes the throbbing migraine pain and may cause other symptoms.

**Common migraine symptoms include:**

- Pain on one side of the head
- Pain that throbs or pulses
- Moderate to severe pain that gets in the way of your daily life
- Pain that gets worse with movement, like bending down or walking up stairs
- Nausea or vomiting
- Sensitivity to light and sound

Migraines can have other symptoms. These may include sinus pain and pressure in the face or around the eyes, stuffy or runny nose, or watery eyes.

A small number of people with migraines (fewer than 1 in 5) get something called auras. Auras may include changes in your vision, like seeing flashing lights or dark spots.

Take The Migraine Quiz

Not sure if a recent headache was a migraine? Take this quiz. Then discuss the results with your healthcare provider.

Answer these questions based on the type of headaches that most affect your daily activities.

**When you have headaches, how often do you...**

**Pain symptoms**

1. Have moderate to severe pain?
   - Never
   - Sometimes
   - Always

2. Have pulsating or throbbing pain?
   - Never
   - Sometimes
   - Always

3. Have worse pain on one side of your head?
   - Never
   - Sometimes
   - Always

4. Have worse pain when you move around?
   - Never
   - Sometimes
   - Always

**Other symptoms**

5. Have nausea or vomiting?
   - Never
   - Sometimes
   - Always

6. Are bothered by light and sound?
   - Never
   - Sometimes
   - Always

What do your answers mean? See the next page.
Take The Migraine Quiz (cont.)

What do your answers mean?

Did you answer “sometimes” or “always” to two or more of the pain symptoms, and at least one of the other symptoms? If so, and:

☑ You’ve had at least five headaches with these symptoms, and
☑ They last between 4 and 72 hours without treatment

...your headaches could be migraines.

Of course, only a healthcare provider can diagnose your headaches and rule out any other problems. So make an appointment with your healthcare provider and bring this completed quiz with you.

If you’re diagnosed with migraines, your healthcare provider can prescribe treatment.

LOOK, LISTEN & LEARN™

See how changes in brain nerve endings can lead to migraine pain. Watch the animation at www.1on1health.com.

Treat Migraine Headaches

There are several ways to treat migraine headaches. Treatments include medicines and other therapies. You’ll read about both in the next few pages.

Medicines

Your healthcare provider may prescribe migraine medicine. There are two types:

☑ Medicines that stop a migraine after it starts (acute treatment)
☑ Medicines to prevent migraines (preventive treatment)

Some people may need to use both types of medicines. Your healthcare provider will help you decide which is best for you. He or she will consider:

☑ How often and how severe your attacks are
☑ How much they affect your life
☑ Other medical conditions you have

1ON1 WITH PATIENTS

Visit www.1on1health.com to hear how migraine medicine made a difference in Nancy’s life.
Acute Treatments

You take this kind of medicine at the first sign of migraine pain. This helps to stop the headache before it gets worse.

These medicines should:
- Give you fast, reliable symptom relief.
- Let you get back to your normal routine.
- Limit your use of “rescue” medicines to control your migraines (see below).

You may take these medicines as a pill, shot, or nasal spray. If you have nausea and vomiting with your migraines, you may get a medicine you don’t have to swallow. Read the label carefully for each medicine before you use it.

Common side effects of these types of medicines may include:
- Nausea
- Dizziness
- Tiredness

Some of these treatments may not be right for you, if you have a condition, like heart disease or high blood pressure, or if you’re pregnant.

Tell your healthcare provider if you have any other conditions. He or she will take them into account when choosing your medicine.

Rescue medicines

If your migraine doesn’t respond well to other treatment, your healthcare provider may prescribe a “rescue” medicine.

You may use a rescue treatment at home. Or, you may need to go to the emergency room for rescue medicine treatment.

Preventive Treatments

There are many types of medicines to prevent migraines. Your healthcare provider may prescribe one, if you:
- Have two or more migraines a week that affect your daily life
- Can’t take medicines to stop migraines. This may be because they don’t work for you, you need to use them too much, or the side effects are too strong for you.

You need to take this type of medicine daily for it to work well. You may have to wait a few weeks or months before you see results.

Common side effects may include:
- Weight change
- Dry mouth
- Stomach upset
- Tiredness
- Vision problems
- Drowsiness
- Dizziness

Take medicines to prevent migraines every day, as prescribed by your healthcare provider.
Think About Other Therapies

Relaxation. Relaxation techniques can reduce stress. Options include:
- Muscle relaxation
- Deep breathing
- Guided imagery
- Yoga
- Meditation
- Cold packs. Migraine pain is often linked to the swelling of blood vessels around the brain. Cold makes blood vessels tighten. Putting an ice pack on your head where you feel pain may help to reduce migraine pain.

Massage. Massage may help prevent migraines because it eases tension and helps you to relax. Some people find that getting a massage during a migraine can help to reduce the pain.

Biofeedback. Biofeedback uses machines to show changes in your body caused by stress. These changes include your heart rate, blood pressure, skin temperature, and muscle tension. Usually, you don’t control these functions. But by watching or listening to the monitors, you can learn to change your response to stress. In time, you can practice at home to help you relax.

Acupuncture. In acupuncture, an expert applies thin needles, pressure, heat, or an electric current to spots on the body to relieve pain. Experts don’t know how well acupuncture works on migraines. But some people find it helpful.

Lifestyle changes. If your migraines seem to be linked to triggers, you may be able to prevent headaches by changing your lifestyle. Try to:
- Lower your stress level.
- Avoid foods and drinks that trigger headaches.
- Eat healthy meals at set times.
- Keep to a sleep schedule, even on weekends.
- Make time for regular, moderate exercise.
- Quit or cut down on smoking.

You’ll learn more about common triggers on pages 12-13.

Relaxation techniques can reduce stress and help to ease migraine pain.
Try These Self-Help Tips

Here are some ways to manage your migraines at home and work:

**Treat migraine symptoms**
- When you feel the first sign of migraine pain, take your acute treatment medicine.
- Tell your family, friends, or close co-workers what is happening. Ask for help if needed.
- Find a quiet room. Turn off any bright lights and lie down in a comfortable position.
- Practice deep, regular breathing, or relaxation and biofeedback exercises.
- Use a cold pack.

**Reduce stress and anxiety**
- Take time off to relax and have fun.
- Practice stress-relieving techniques, like yoga, meditation, or relaxation exercises.
- Join a migraine support group.
- Take part in a class or a group activity that you enjoy.

**Plan ahead for travel**
- Bring enough medicine and copies of your prescriptions.
- Keep to your regular eating and sleeping routines as much as you can.
- During plane travel, drink plenty of water or fruit juice. Not getting enough fluids can cause headaches.

**When migraines happen at work**
- Keep migraine medicine at work. Take it at the first sign of migraine pain.
- Tell your boss and closest co-workers that you have migraines. Find out if your employer is flexible about time off and working at home.
- Limit the time you spend under bright lights and with computer monitors, if you can. If you sit for long periods of time, get up and stretch.
- If you feel tense, try deep breathing and muscle relaxation exercises.
- If you can’t go home, find a quiet room with low light where you can lie down for a few minutes.

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Visit www.1on1health.com to hear how patients like Bruce manage migraine pain.

Get more at www.1on1health.com
Avoid Your Triggers

You can help avoid migraines by knowing your migraine triggers. The Migraine Diary on pages 14-15 can help you to spot your migraine triggers.

Not everyone with migraines has triggers. And a certain trigger may not always cause a migraine.

Common migraine triggers include:

Foods and drinks
- **Some aged cheeses, red wine, and processed meats** contain a substance that can trigger migraines. Ask your healthcare provider for a list of foods & drinks to avoid.
- **Alcoholic drinks**, like beer, whiskey, champagne, and red wine
- **Foods with nitrates, nitrites, sugar substitutes, and MSG**. These can include hot dogs, ham, bacon, lunchmeats, seasonings, and prepared foods, like some Chinese food.
- **Foods and drinks with caffeine**, like coffee, tea, soda, and chocolate
- **Skipping meals**

Avoid your migraine triggers. Common triggers include certain foods and drinks, light, smells, weather changes, and stress.

The world around you
- **Strong smells**. This can include irritants in the air, like cigarette smoke, household cleaners, and perfumes.
- **Loud noise**. The noise may last a long time, like a crying baby or construction. Or it may be sudden, like a truck’s backfire.
- **Riding in a car, boat, plane, or other vehicle**. Ask your healthcare provider about treating motion sickness, which can bring on a migraine.
- **Bright, glaring, or flickering light**. This can come from TV or computer screens, strong sunlight, laser shows, and light reflected off water, snow, or sand.
- **Weather changes in air pressure or temperature**. Other common triggers are high humidity, and very cold or hot weather.

Personal
- **Stress**, either emotional or physical. Sometimes a migraine starts when the stress ends. This is why migraines often happen on weekends and holidays.
- **Hormonal changes**. These cause many women to have migraines just before or during their periods.
- **Sleep routine**. Getting too much or too little sleep, or napping during the day can touch off a migraine.
- **Changes in eating habits**, mainly missing meals or dieting.

Try to avoid your triggers. This should be part of a complete treatment plan that you create with your healthcare provider.

Get more at www.1on1health.com
**Keep A Migraine Diary**

Your diary will help you remember details about your migraines. This can help you and your healthcare provider prevent and treat them. Copy these pages so you can make more diary entries. Or, visit [www.1on1health.com](http://www.1on1health.com) for a diary you can download.

<table>
<thead>
<tr>
<th></th>
<th>Headache 1</th>
<th>Headache 2</th>
<th>Headache 3</th>
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<tbody>
<tr>
<td>Date/time</td>
<td></td>
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<tr>
<td></td>
<td>my headache began and ended</td>
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<tr>
<td>Symptoms before my headache</td>
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<tr>
<td>Pain level</td>
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<tr>
<td></td>
<td>(Rate from 1-10 with 10 being the worst.)</td>
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<td></td>
</tr>
<tr>
<td>Where and what type of pain</td>
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<tr>
<td></td>
<td>(Left temple, throbbing, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other symptoms</td>
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<tr>
<td></td>
<td>(Nausea, dizziness, etc.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Possible triggers**

**Medicines taken**

(Name and dose)

**Did the medicine help?**

(Rate 1-5 with 5 being the most helpful.)

**Medicine side effects,**

If any

**Other therapies**

(Biofeedback, ice pack, massage, etc.)

**Did another therapy help?**

(Rate 1-5 with 5 being the most helpful.)

Fill out this diary and share it with your healthcare provider during your next appointment.

Get more at [www.1on1health.com](http://www.1on1health.com)
Take Control

Start to take control of your migraines by learning all you can about them.

To treat migraines successfully, you need:

- Medicine and treatment plans
- To know migraine warning signs
- Follow-up care with your healthcare provider

Migraine isn’t something that goes away after a few weeks of treatment. But, by working closely with your healthcare provider, the chances are good that you'll find treatment that works for you.

1ON1 WITH PATIENTS

Visit www.1on1health.com to meet real patients like Margo and hear their stories about managing migraine headaches.

GlaxoSmithKline, one of the world’s leading research-based pharmaceutical and healthcare companies, is committed to improving the quality of human life by enabling people to do more, feel better, and live longer.

This information is not a substitute for your doctor’s medical advice, nor is your doctor responsible for its content. You should promptly consult a medical professional if you have concerns about your health.

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This questionnaire was designed to help you describe and communicate the way you feel and what you cannot do because of headaches. To complete, please check one answer for each question.

1. When you have headaches, how often is the pain severe?

- Never
- Rarely
- Sometimes
- Very Often
- Always

2. How often do headaches limit your ability to do usual daily activities including household work, work, school, or social activities?

- Never
- Rarely
- Sometimes
- Very Often
- Always

3. When you have a headache, how often do you wish you could lie down?

- Never
- Rarely
- Sometimes
- Very Often
- Always

4. In the past 4 weeks, how often have you felt too tired to do work or daily activities because of your headaches?

- Never
- Rarely
- Sometimes
- Very Often
- Always

5. In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?

- Never
- Rarely
- Sometimes
- Very Often
- Always

6. In the past 4 weeks, how often did headaches limit your ability to concentrate on work or daily activities?

- Never
- Rarely
- Sometimes
- Very Often
- Always

To score, add points for answers in each column.

<table>
<thead>
<tr>
<th>COLUMN 1 (6 points each)</th>
<th>COLUMN 2 (8 points each)</th>
<th>COLUMN 3 (10 points each)</th>
<th>COLUMN 4 (11 points each)</th>
<th>COLUMN 5 (13 points each)</th>
</tr>
</thead>
</table>

Total Score

Higher scores indicate greater impact on your life

Score range is 36–78.

HIT-6™ US (English) Version 1.1
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What does your score mean?

If you scored 60 or More
Your headaches are having a very severe impact on your life. You may be experiencing disabling pain and other symptoms that are more severe than those of other headache sufferers. Don’t let your headaches stop you from enjoying the important things in your life, like family, work, school or social activities.
Make an appointment today to discuss your HIT-6 results and your headaches with your doctor.

If you scored 56–59
Your headaches are having a substantial impact on your life. As a result you may be experiencing severe pain and other symptoms, causing you to miss some time from family, work, school or social activities.
Make an appointment today to discuss your HIT-6 results and your headaches with your doctor.

If you scored 50–55
Your headaches seem to be having some impact on your life. Your headaches should not make you miss time from family, work, school or social activities.
Make sure you discuss your HIT-6 results and your headaches at your next appointment with your doctor.

If you scored 49 or less
Your headaches seem to be having little to no impact on your life at this time. We encourage you to take HIT-6 monthly to continue to track how your headaches affect your life.

If Your Score on HIT-6 is 50 or Higher
You should share the results with your doctor. Headaches that are disrupting your life could be migraine.
Take HIT-6 with you when you visit your doctor because research shows that when doctors understand exactly how badly headaches affect the lives of their patients, they are much more likely to provide a successful treatment program, which may include medication.
HIT-6 is also available on the Internet at www.headachetest.com.
The Internet version allows you to print out a personal report of your results as well as a special detailed version for your doctor.
Don’t forget to take HIT-6 monthly or try the Internet version to continue to monitor your progress.

About HIT-6
The Headache Impact Test™ (HIT-6) is a tool used to measure the impact headaches have on your ability to function on the job, at school, at home and in social situations. Your score shows you the effect that headaches have on normal daily life and your ability to function. HIT-6 was developed by an international team of headache experts from neurology and primary care medicine in collaboration with the psychometricians who developed the SF-36® health assessment tool.
HIT-6 is not intended to offer medical advice regarding medical diagnosis or treatment. You should talk to your healthcare provider for advice specific to your situation.

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