

# Migraine Diary

<b>Name:</b> Emily Carson	<b>Age:</b> 32	<b>Date:</b> December 17, 2023
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Migraine Occurrences			
<b>Date</b> December 5, 2023	<b>Time started</b> 3:45 PM	<b>Time ended</b> 8:30 PM	
<b>Description</b> Throbbing pain on the left side of my head, worsened with movement	<b>Intensity of pain</b>		<b>Location</b>
	<input type="checkbox"/>	Mild	<input type="checkbox"/> Front
	<input type="checkbox"/>	Moderate	<input type="checkbox"/> Back
	<input checked="" type="checkbox"/>	Severe	<input checked="" type="checkbox"/> Left Side
			<input type="checkbox"/> Right Side
		<input type="checkbox"/> All Over	
Symptoms Accompanying Headache		Potential Triggers	
<input checked="" type="checkbox"/>	Nausea	<input type="checkbox"/>	Lack of Sleep
<input checked="" type="checkbox"/>	Vomiting	<input checked="" type="checkbox"/>	Stress
<input checked="" type="checkbox"/>	Visual disturbances e.g. auras	<input checked="" type="checkbox"/>	Missed Meal
<input type="checkbox"/>	Light Sensitivity	<input type="checkbox"/>	Alcohol Consumption
<input type="checkbox"/>	Sound Sensitivity	<input type="checkbox"/>	Caffeine Consumption
<input type="checkbox"/>	Sensory Sensitivity (e.g. smells)	<input type="checkbox"/>	Weather Changes

<input type="checkbox"/>	Dizziness	<input type="checkbox"/>	Hormonal Changes (e.g. menstrual cycle)
<input type="checkbox"/>	Others:	<input type="checkbox"/>	Strong Smells
		<input type="checkbox"/>	Others:

<b>Medication Taken, Time, and Dosage</b> Sumatriptan, 4:00 PM, 100 mg	<b>Relief</b>	
	<input type="checkbox"/>	<b>Complete</b>
	<input checked="" type="checkbox"/>	<b>Partial</b>
	<input type="checkbox"/>	<b>None</b>

**Additional Notes, Observations, and Recommendations**  
Drinking water seemed to help slightly. Rest in a dark room was necessary. Pain relief was partial, and symptoms lasted for several hours.