

Migraine Care Plan

Living with migraines can be painful and disruptive. Because triggers and responses to treatment vary, management isn't the same for everyone. We'll work together to find the right approach for you.

General tips:

- Maintain a regular sleep schedule.
 - Stay hydrated — aim for at least ____ cups of water daily.
 - Eat balanced meals at regular times; avoid skipping meals.
 - Limit caffeine and alcohol, especially if they are known triggers.
 - Manage stress with relaxation techniques, exercise, or mindfulness.
 - Track your menstrual cycle (if applicable), as hormonal changes may play a role.
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Medications:

- **Acute treatment (to stop an attack):** Take _____ at the first sign of migraine.
 - **Preventive medication (to reduce frequency/severity):** Take _____ daily / nightly.
 - **Other medications (anti-nausea, supplements, etc.):** _____.
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Action plan during a migraine attack:

- Move to a quiet, dark room if possible.
- Use ice packs or warm compresses as recommended.
- Take acute medication as directed.
- If pain is severe, persistent, or different from usual, contact our office.
- Go to the ER if you have sudden severe headache ("worst headache of your life"), fever/stiff neck, weakness, vision loss, or confusion.

Tracking:

Keeping track helps us identify triggers, monitor progress, and guide treatment.

- Record headache frequency, duration, severity, medications used, and possible triggers (stress, sleep, foods, weather, hormones).
- I recommend the **juli app** (search “juli chronic condition” in your phone’s app store). It simplifies tracking, shows how factors like sleep, mood, and weather affect your migraines, and lets me review your progress at future visits. Use code _____ for free full access.
- Paper, your phone’s notes app, or another app may work too — the key is simply tracking well.

Follow up:

Follow up in _____.

Useful information

Lifestyle strategies:

- Keep a consistent bedtime/wake time.
- Avoid known food triggers (common ones: aged cheese, chocolate, red wine, artificial sweeteners).
- Build in stress-relief routines.

Medication reminders:

- Acute medications work best when taken early in the attack.
- Preventive medications need consistent daily use to be effective.