

Work With Your Doctor To Manage Your Headaches

Make an appointment

- Set up a visit with your doctor to talk about your headaches

Get ready

- Write down:
 - When your headaches occur
 - How long they last
 - What happens and how you feel when you have a headache
 - How much your headaches keep you from doing what you want to do
 - Any questions you have about your headaches

During your visit

- Tell your doctor about your headaches
- Review with your doctor:
 - The names of your headache medicines
 - How the medicines will help your headache symptoms
 - How to take them
 - When to take them
 - What to do if they don't work
 - When to come back for your next doctor visit

If you have more questions, call your doctor. When you know more about your headaches, you can manage them better.

Other Ways To Manage Migraine

Besides taking the right medicine the right way to help your migraines, you may want to try other ways to relax or have less pain.

Here are some things that might help. They do not work for everyone. If one does not work, you can try another. Talk to your doctor about what might be right for you.

Acupuncture

- Tiny needles the size of a hair are put through the skin on certain parts of your body. This treatment may help you have less pain.

Biofeedback

- With special training, you can learn to control blood flow and relax your muscles.

Chiropractic Care

- The chiropractor may move your back or neck bones a little bit. This may help relax your muscles and reduce pain.

Cognitive Behavioral Therapy (CBT)

- You work with a therapist to learn more about thinking patterns and daily stress.

Massage

- The therapist rubs your muscles to relax them.

Meditation

- You learn to sit or lie down with a very quiet mind. Meditation helps you relax, and it works best if you do it often.

Physical Therapy

- The therapist moves you in ways that may help relax your muscles. You may learn exercises to do at home.

If you want to try one of these, talk to your doctor. Ask for help to find a class or a person with the right training.

Migraine – Taking An Active Role

Taking care of yourself may help you have fewer migraines. You are the person who can make your life healthier.

Plan each day to be healthy

- Talk to your doctor about the best exercise plan for you. Try to exercise most days of the week. Do things you enjoy.
- Eat healthy meals and snacks at regular times.
- Talk openly about your migraines with family, friends and coworkers.
- Spend time alone doing what you enjoy.
- Get enough sleep every night so you feel rested.
- Go to bed and get up at the same time every day—even on the weekends.

Lower the stress in your life

- ✓ List the things that cause you stress. These may be things at home, at school, or at work.
- ✓ Decide what you most want to change. Choose just one or two things from your list.
- ✓ Think about how you can change the things that cause you stress:
 - Can you change how you react?
 - Can you learn to say no?
 - Can you learn to “let go” of some things?
 - Can you cut things out of your day to give you more time?
 - Can you ask for help if you need it?
- ✓ Write down ways you might change the things that cause you stress.
- ✓ Read what you wrote every day to remind you to do the changes.

Start now to take an active role so you can be healthier and lower your stress.