



Headache Diary

Do you suffer from chronic headaches? Keeping a headache diary is one of the best ways to get an accurate diagnosis and an effective treatment plan, says internist Stacey Smith, M.D., of Lehigh Valley Hospital and Health Network.

To get to the root of the problem, write in your journal every day for at least a month before seeing your doctor, Smith says. Here are the questions you should be sure to answer.

- Did you have a headache today?
- What time of day did you get the headache and how long did it last?
- What did your headache feel like?
- What were its warning signs?
- What type of medicine did you take, including over-the-counter pain relievers?
- How much sleep did you get last night?
- Was there a change in your routine?
- What foods did you eat?
- Are you aware of any hidden factors such as stress and/or other health problems?



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