

Petadolex® 75 mg
 Helps to reduce the frequency of
 migraine headaches when taken
 preventatively



Month																																Total									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		0	1	2	3	Total				
Headache 0 1 2 3*																																				# of days for Headache severity					
Aura ¹ (nausea, sensitivity to sound or light																																									
Alcohol ¹																																					# of days with headache with medication				
Coffee ¹																																					# of days with headache with medication				
Sport ¹																																					# of days with headache with medication				
Smoking ¹																																					# of days with headache with medication				
Stress ¹																																					# of days with headache with medication				
Sugar ¹																																					# of days with headache with medication				
Period/ PMS ¹																																					# of days with headache with medication				
Petadolex 75 mg Medication																																					# of days with headache with medication				

Notes:

Headache severity
 0= headache free day
 1= mild, can function
 2= moderate, slowed
 3= severe, cannot function
 *= miss work or personal activity
¹Use same rating 0-3* for other entries!

Effectiveness of acute tx:
 S = success
 P = partial benefit
 F = failure
 R= recurrence of HA
 E = side effects

Bring the diary to your medical appointment!
 Establish using a diary for your migraine headaches for at least 2- 3 months. It will help to find the right approach for your migraine headaches.