



## Migraine Headache Diary (Paperback)

By Frances P Robinson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The purpose of this Migraine Headache Diary is to record your migraine headache activity. The log could be useful to help you see a pattern in headache activity and also as a record to show your healthcare physician. There are 2 sections in this book: Section One is a master log to record information for 100 Migraine Headache incidents. Get a better overview of your migraine history. The master log has a place to record the following: -Date of Migraine -Suspected Trigger (What caused it?) -Duration (How long did it last?) -Intensity (Was it mild, moderate or severe?) -Relieved By (What helped? Rest, Medication or other.) Section Two is a place to write more detailed information about each incident in case you need to reference each migraine more thoroughly. Tired of suffering with Migraines? Record your migraine activity in this Migraine Headache Diary and view results with your healthcare physician to plan your best course of action.

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### Reviews

*Thorough information! Its this kind of very good read. It is written in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).*

*-- Roel Bogisich Sr.*

*It becomes an remarkable publication that I have possibly go through. Better then never, though i am quite late in start reading this one. I am just delighted to inform you that this is basically the best ebook we have study inside my individual existence and can be he greatest book for actually.*

*-- Dr. Torrey Osinski DVM*