

# A MIGRAINE PATIENT'S GUIDE TO

# Communicating with Health Care Providers

1

## MAINTAIN A HEADACHE JOURNAL

- These details can guide your conversation and help your provider determine the best course of treatment.



2

## FOCUS YOUR CONCERNS

- Appointments with your health care provider are brief. Come prepared with 1-3 specific topics to discuss.



3

## SPEAK OUT

Be forthcoming about symptoms & side effects. Relay concerns about treatment. Ask questions when you don't understand.



Find more tips & tools for communicating with health care providers