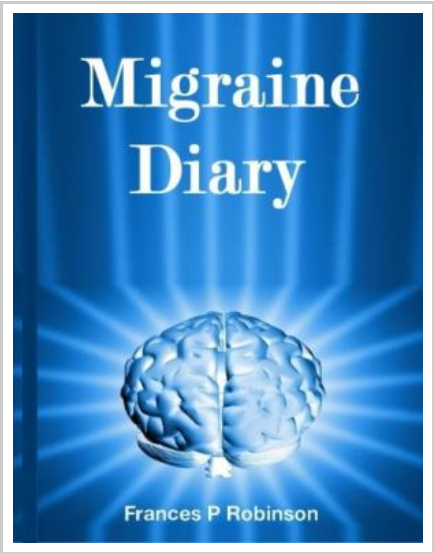


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Migraine Diary (Paperback)

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The purpose of this Migraine 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 Diary and view results with your healthcare physician to plan your best course of action.

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Reviews

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-- ***Ms. Fatima Erdman***