






A great migraine treatment plan starts with sharing your experience

Bring your answers to your doctor today.

Medication History

1. How many migraine days have you had in the past month? _____
2. How many preventive medications have you taken since being diagnosed? _____
3. How many days per month do you take rescue (acute) medication to stop a migraine? _____
4. Do you feel the need to increase your rescue medications for migraine? _____

Migraine Disability Assessment (MIDAS) Questions

5. On how many days in the past 3 months did you miss any of the below because of your headaches:
 - a)  Work or school _____
 - b)  Family, social, or leisure activities _____
 - c)  Household work (such as housework, home repairs and maintenance, shopping, or caring for children and relatives) _____
6. On how many days **in the past 3 months was your productivity cut in half or more** because of your headaches during:
 - a)  Work or school _____
 - b)  Household work _____

Note: Do not include days you counted in question 5.

MIDAS* score: add up the total number of days from question 5-6 here.

* The MIDAS Questionnaire measures the days missed or impacted by migrained over the past 3 months

This resource is to be distributed by a healthcare professional for use during patient counseling. It is not a diagnostic tool but a resource for patient education.

For more information on living with migraine, please scan the QR code or visit <https://www.myhealthlibrary.com.sg/tame-your-migraine>

