

Name_			
Date			

Are you among the hundreds of thousands of Canadians who don't know they have **Chronic Migraine?**¹⁻³

Complete this tool and bring it to your doctor to start an important conversation about your headaches.

ID-Chronic Migraine (ID-CM) is a screening tool created by a team of headache experts. It is designed to help your doctor assess if you may have Chronic Migraine.

Instructions:

- 1. Answer all questions on pages 2 and 3.
- 2. Go to page 4 and tally your responses to bring to your doctor.
- 3. Fill out your medical history on page 4.
- 4. Use the ID-CM tool to talk to your doctor about Chronic Migraine and available treatment options.

What was the **FREQUENCY** of your headaches?

When answering the next 2 questions, if you don't remember the exact number of headache days, please give the best answer you can. If a headache lasted more than 1 day, count each day.

 In the last 3 months (past 90 days), on how many days did you have a headache of any type? 	Number of days:	If you answered 45 days or more, check the "Frequency" box	>	FREQUENCY
2. In the last month (past 30 days), on how many days did you have a headache of any type?	Number of days:	If you answered 15 days or more, check the "Frequency" box	>	

What were your **SYMPTOMS** when you had headaches in the last month **(past 30 days)**?

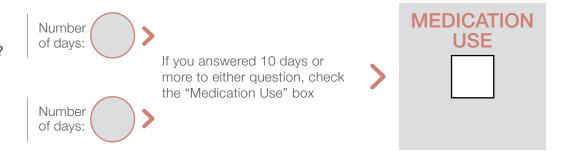
Describe the pain and other symptoms you have with your headaches. If you have more than 1 type of headache, please answer for your most severe type.

			_		
	A Never	B Rarely	C Less than half the time	D Half the time or more	
3. How often were you unusually sensitive to light (eg, you felt more comfortable in a dark place)?	0	0	0	0	If you answered "C" or "D" to questions 4, AND 5, check the "Symptoms" box
4. How often were you unusually sensitive to sound (eg, you felt more comfortable in a quiet place)?	0	0	0	0	SYMPTOMS
5. How often was the pain moderate or severe?	0	0	0	0	
6. How often did you feel nauseated or sick to your stomach?	0	0	0	0	If you answered "C" or "D" to both questio 5 AND 6, check the "Symptoms" box

What was your **MEDICATION USE** for headache in the last month (past 30 days)?

When answering the next 2 questions, only count medications you take as needed to relieve headache.

- 7. How many days did you use over-the-counter medications to treat your headache attacks?
- 8. How many days did you use prescription medications to treat your headache attacks?



How often did headache interfere with ACTIVITIES in the last month (past 30 days)?

- 9. How many days did you miss work or school because of your headaches?
- 10. How many days did you miss family, social, or leisure activities because of your headaches?



How often did headache affect MAKING PLANS in the last month (past 30 days)?

- 11. How often did your headaches interfere with making plans?
- 12. How often did you worry about making plans because of your headaches?

A Never	B Rarely	C Less than half the time	D Half the time or more	
0	0	0	0	If you answered "D" to either question, check the
0	0	0	0	"Making Plans" box

Go to page 4 to tally your responses and fill out your medical history.

Tally your responses and then bring this information to your doctor. Your doctor is the only one who can diagnose Chronic Migraine. Chronic Migraine is a treatable medical condition defined by 15 headache days per month with each headache lasting 4 hours or more, including 8 or more days with migraine.⁴

Go back to page 2. If you checked be		FREQUENCY and SYMPTOMS		You may have Chronic Migraine	
		or	MEDICATION (ISE	
Go back to page 3. If you checked a	✓ A	ACTIVITIES and MAKING PLANS		You may have Chronic Migraine	
Write down so	ome important info	mation to he	ip talk to your doc	tor about you	r headaches
Name of your headache/ migraine acute and/or preventive medications	How often you took it (per day & per month)	How much (eg, 25-mg pill)	How long you took it (eg, 3 months)	How it worked	

How do headaches/migraines affect your daily life (work, school, activities, family, etc)?						

*Please record medications you have taken as needed to relieve headache and those you have taken on a schedule to prevent headaches/migraines.

Questions to ask your doctor:

Do I have Chronic Migraine?

(over-the-counter and prescription), both current

and past*

What treatments are available for Chronic Migraine?

Visit MyChronicMigraine.ca to learn more about Chronic Migraine and to sign up for more information.

