

# Cluster Headache Questions for Your Doctor

Patient education is critical to the management of cluster headaches. Here's some information to help you get ready for your appointment.

## KEEP A HEADACHE DIARY

One of the most helpful things you can do is keep a headache diary. Each time you get a headache, jot down these details that might help your doctor determine your type of headache and discover possible headache patterns.

- **Date.** Tracking the date and time of each headache can help you recognize patterns.
- **Duration.** How long does each headache last?
- **Intensity.** On a scale from 1 to 10, rate your headache pain with 10 being the most severe.
- **Symptoms.** Where is your pain? Did you have any symptoms before the headache, such as a plugged nose?
- **Agitation.** How do you behave during an attack? Can't stop moving?
- **Medications.** List all medication you're currently taking, even if they're unrelated to your headache.
- **Personal Burden.** Have you missed work, unable to leave home, bed-bound?

If possible, take a family member or friend to your appointment to help you remember the information.

## A FEW QUESTIONS TO ASK YOUR DOCTOR

For cluster headaches, basic questions include:

- What's likely causing my symptoms?
- What other possible causes are there?
- What tests do I need?
- Is my condition likely episodic or chronic?
- What treatment do you recommend?
- What other treatments are there?
- I have other health conditions. How can I best manage them together?
- Are there restrictions I need to follow?
- Should I see a headache specialist?
- Are there brochures or other printed materials I can have? What websites do you recommend?



**TIP.** Demonstrate to your physician how you behave during an attack.