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