



Migraine Symptom Checker Chart

Fever, swollen lymph nodes and a persistent green or yellow nasal discharge- if you're not experiencing these symptoms and you have the headache- then you likely have migraine.¹

Symptom	Sinus	Migraine
Sinus pressure	✓	✓
Nasal congestion	✓	✓
Facial pain	✓	✓
Runny nose	✓	✓
Teary eyes	✓	✓
Head pain triggered by weather changes	✓	✓
Pulsating pain	✓	✓
Puffy eyelid	✓	✓
Persistent, yellow or green nasal discharge	✓	✗
Swollen lymph nodes	✓	✗
Fever	✓	✗
Nausea and/or vomiting	✗	✓
Light sensitivity, photophobia	✗	✓

¹ Eross, Eric, David Dodick, and Michael Eross. "The sinus, allergy and migraine study (SAMS)." Headache: The Journal of Head and Face Pain 47.2 (2007): 213-224.



Diagnostic Criteria for Migraine

The most widely accepted classification amongst the medical community comes from an international body called the International Headache Society (IHS).²

The IHS classifies a condition as migraine when:

1. The pain has at least two of the following characteristics:

- Moderate to severe pain intensity
- One-sided location in the head
- Pulsating or throbbing quality
- Aggravated by general movement

2. There is at least one of the following

- Nausea and/or vomiting
- Sensitivity to light and noise

3. The headache attack lasts from 4-72 hours if untreated.

² Olesen, J. "The international classification of headache disorders. (ICHD-II)." *Revue neurologique* 161.6 (2005): 689-691.