

Tick when on track/complete

Action Plan Summary



With special permission from MIGRAINE WORLD SUMMIT

Step 1) Get The Facts

- Use a migraine diary
- Capture the right information
- Use regularly

Step 2) Right Doctor

- Trustworthy, instills confidence
- Open minded & empathetic
- Interested in migraine

Step 3) Manage Your Attacks

- Get to mild pain within 2 hours
- No more than 2-3 treatments per week
- Always carry a spare emergency treatment case with you

Step 4) Triggers & Causes

- You record your triggers and suspected triggers on a regular basis in your diary
- You learn the impact each trigger has on your condition
- When attacks occur you're no longer taken by surprise

Step 5) Prevention

- You know and are actively managing your triggers & addressing potential causes
- Your preventative measures are appropriate & effective for your condition & symptoms. i.e. for a stiff neck you might be addressing postural issues, muscle tension, gentle stretches or exercises with physical therapy.

Step 6) Virtuous Cycle

- Revisit Steps 3-5 to continually improve. Expect changes in your condition over time
- Discover new triggers
- Evaluate & experience better treatments
- Reduce migraine days by 50%
 - Continual learning and improvement in partnership with your health professional

