## Pediatric Neurologists of Palm Beach

Name:	Medications:

Date	Onset	Duration	Location	Severity	Symptoms	Possible Triggers	Foods	Treatment	Effectiveness
	1. Morning, immediately on awakening 2. Morning shortly after awakening 3. Late morning 4. Lunchtime 5. Just after lunch 6. Mid-aftermoon 7. Late aftermoon 8. Dinner time 9. Evening just after dinner 10. Late evening 11. Evening, out of sleep	1. Less than 10 minutes 2. 10-30 minutes 3. 30-60 minutes 4. 1-2 hours 5. 3-6 hours 6. 7-12 hours 7. 13-24 hours 8. 1-2 days 9. more than 2 days	1. Right side 2. Left side 3. Middle forehead 4. Behind eyes 5. Top of head 6. Back of head 7. Back of neck	1. Mild 2. Moderate 3. Severe	Pounding or throbbing     Nausea     Vomiting     Sensitivity to light     Sensitivity to noise     Seeing spots or other visual distortions     Dizziness	1. Stress (FCATs, etc) 2. Less than normal amount of sleep 3. More than normal amount of sleep 4. Change in usual bedtime or wake up time 5. Poor night's sleep 6. Caffeine withdrawl 7. Skipped or delayed meal 8. Dehydration 9. Exercise/physical exertion 10. Excessive heat 11. Change in weather 12. Bright or flashing lights 13. Strong odor 12. Loud noises 13. Other (please list)	1. Chocolate 2. Beverages with caffeine (colas, Mountain Dew, coffee, tea, iced tea, chocolate milk) 3. Foods with nitrites (hot dogs, salami, bologna, other processed lunch meats) 4. Cheeses (esp aged cheeses, Cheddar, etc) 5. Monosodium Glutamate (MSG) (meat tenderizers, Chinese food, dry roasted nuts 6. Dairy products (milk, ice cream, yogurt, etc) 7. Foods with vinegar (pickles, sauerkraut, ketchup, relish, salad dressings, etc) 8. Bananas 9. Figs, raisins, prunes 10. Citrus fruits (oranges, grapefruit, lemons, limes) 11. Foods with yeast (breads, pizza crust, etc) 12. Foods with sulfites (commercially prepared fruits, salsas) 13. Artificial sweetners (Saccharine, Aspartame, Equal, Splenda, Sweet and Low) 14. Food dyes 15. Alcohol  List all other foods eaten within 6-12 hours prior to headache onset	1. Tylenol 2. Motrin/Advil 3. Excedrin 4. Aleve 5. Aspirin 6. Imitrex 7. Zomig 8. Maxalt 9. Relpax 10. Frova 11. Axert 12. Midrin 13. Migrainal 14. Phenergan 15. Codeine 16. Fiorcet 17. Rest or sleep	Headache completely gone within 30 minutes     Headache completely gone within 30-60 minutes     Headache completely gone after 60 minutes     Headache mostly gone     Headache mostly gone     Headache mostly gone     No significant relief