

# HOW IS MIGRAINE IMPACTING YOUR LIFE?

Migraine can impact your daily life, even on days when you're not having one:



## DURING MIGRAINE ATTACKS

On days when you have a migraine attack, it can be hard to function and go about your daily routine



## BETWEEN MIGRAINE ATTACKS

The potential for the next one can further disrupt your life

**The following questions are based on reliable migraine questionnaires<sup>a</sup> and can help you start the conversation with your healthcare professional about the full impact of migraine.**

1. Each month, I typically experience \_\_\_\_\_ days with migraine.
2. On days when I'm having a migraine attack, it's difficult performing daily activities such as:  
*(Examples: Working, caring for my dependents, etc)*

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3. On days when I'm not experiencing a migraine attack, migraine still impacts my life by:  
*(Examples: I worry about getting another migraine, I don't make plans, etc)*

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4. I've used the following treatments to help prevent migraine days:

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5. I take quick-acting migraine medications (over the counter or prescription) \_\_\_\_\_ times per month.

<sup>a</sup>The above questions are based on the MSQ RF-R and MIBS-4 questionnaires. MSQ RF-R is a tool that consists of questions that assess how migraine limits the social and work-related activities of patients. MIBS-4 is a self-administered 4-item questionnaire in which patients are asked to answer statements related to the burden of migraine in between attacks.

MIBS-4=Migraine Interictal Burden Scale-4; MSQ=Migraine-Specific Questionnaire; RF-R; Role Function-Restrictive.

