For example, the same migraineur may have migraine with and without aura, early-morning attacks of migraine, menstrual migraine, slow developing migraine that may take hours to declare itself as a migraine, tension-type headache, and "sinus" headache. Each of these may require a different management approach. In addition, personal circumstances may at times demand more aggressive treatment. The only person who can actually direct treatment of this smorgasbord of headaches is you.

Your physician plays an essential role in this management approach as an educator and provider of the tools necessary for success. Your physician can also help you evaluate the therapy and assist in the early detection of migraine transformation and migraine-associated medical conditions. The focus is the whole person; over time, migraine treatment strategies become refined and control is established.

"I worry that everyone will give up on me."

To assist in this effort the last page of this brochure is a diary, that focuses on your success in treating the acute attack of migraine. Once control of debilitating headaches is established, efforts can be directed at preventing migraine transformation and migraine associated diseases. The goal of your physician to help you understand and use this migrainous nervous system to its greatest advantages.

Another key feature of gaining control of migraine is finding reliable sources of information. One such resource is the web site of the Headache Care Network (http://www.headachecare.com).



