

AGENDA

(Cluster Headache)

Introduction:

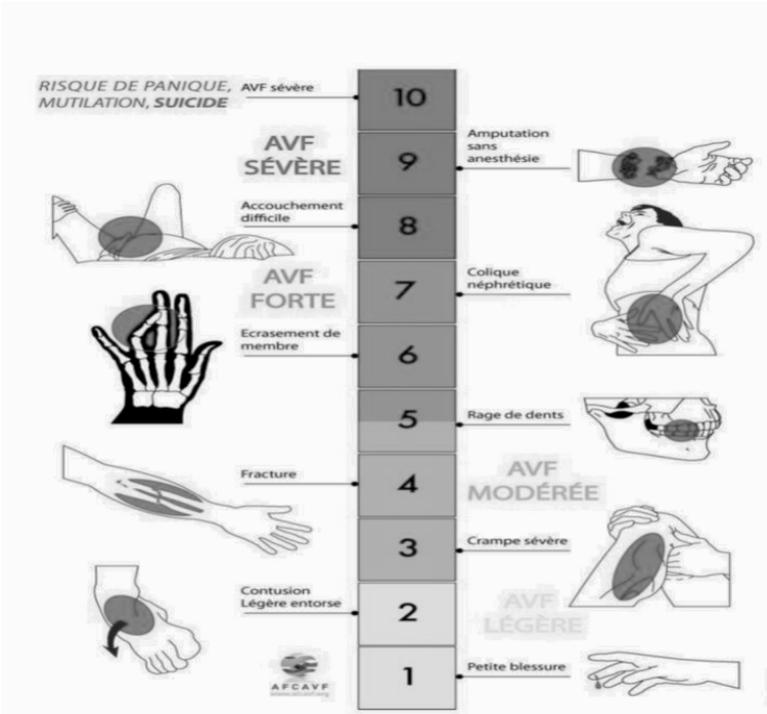
Living with this disease for 20 years now, I have developed this agenda for better personal and general monitoring during the crises.

This Agenda is designed to document over a 3 month period.

**Made to track the onset and progression of cluster headache
Extremely painful disease that can cause normal people to think
about suicide ...
it can also be used for Migraines.**

**Using the pain scale on the next page , write down as much detail
as possible about your Headache attacks.**

**By tracking day after day this disease, you will bring a precious
tool during your visits to the Doctor/Neurologist.**



Pain scale of Cluster Headache

Week n°

Monday _____ 20.....

Do not forget today :

Number of attack + Intensity (cfr Pain Scale) + duration +location:

1h :	_____	13h :	_____
2h :	_____	14h :	_____
3h :	_____	15h :	_____
4h :	_____	16h :	_____
5h :	_____	17h :	_____
6h :	_____	18h :	_____
7h :	_____	19h :	_____
8h :	_____	20h :	_____
9h :	_____	21h :	_____
10h :	_____	22h :	_____
11h :	_____	23h :	_____
12h :	_____	24h :	_____

Side effects (of seizures or medications):

Treatment (per seizures and in general) : (After the first attack do not forget to do necessary with the insurance for drug reimbursement if necessary)

Notes (change habits/ alimentation/ time sleep etc...) :
