

# **AGENDA**

**(Cluster Headache )**

## **Introduction:**

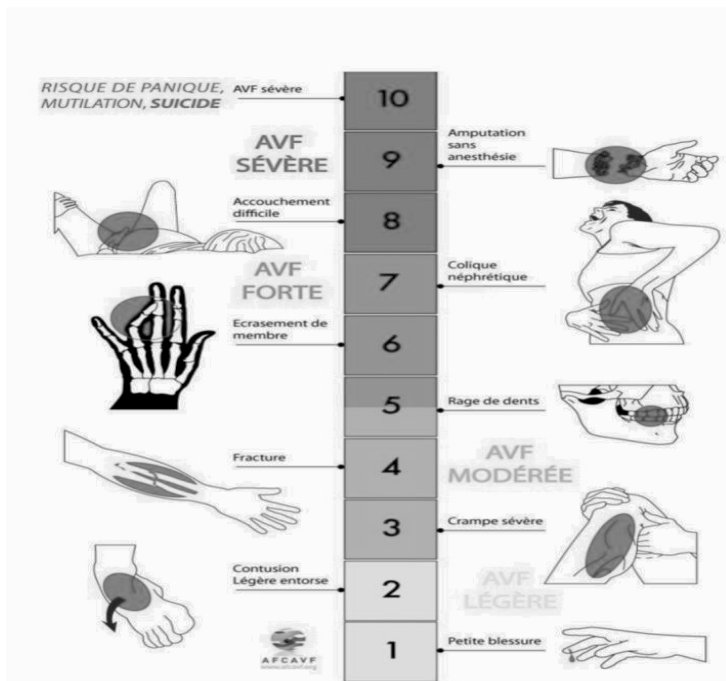
**Living with this disease for 20 years now, I have developed this agenda for better personal and general monitoring during the crises.**

**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):

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

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

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