

# Do you get headaches with your periods?

If you have headaches each month near the time of your period, you may have menstrual migraine. These monthly headaches are caused by changes in your hormones. They may be severe and may keep you from doing what you want to do. These suggestions may help you and your healthcare provider manage your headaches:

## Keep a headache diary

- Use a monthly calendar, or ask your healthcare provider for a headache diary
- Circle the days of your period
- Circle the days of ovulation (if you can determine it)
- Mark each day you have a headache and how long it lasts
- Write down the names of medicines you take for your headaches
- Write down how the medicine helps

Do you see a pattern to your headaches around the time of your period?

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## Visit your provider

- Share your headache diary
- Describe your headaches and how they affect your life
- Share the list of medicines you take for your headaches and how well they work
- Ask questions you have about your headaches
- Ask how and when to take any medicines your provider prescribes

What questions do you want to discuss with your provider?

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## Try these tips to help manage your condition

- Stay away from your known triggers
- Take medicine as directed by your provider
- Learn more about migraine headaches
- Notice if you are more likely to get a migraine during certain times of the month, for example, around your menstrual period
- Take care of yourself by getting enough exercise; eating a balanced diet; getting enough rest; and if you smoke, stop smoking

What helps you avoid a headache?

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**If you get headaches with your periods, talk to your healthcare provider about getting help for your headaches.**