CARE *that* CHANGES LIVES

Headache Diary

Please use this Daily Headache Diary to track the frequency, severity, and characteristics of your headaches.

With the help of this diary, we can better plan your treatment and manage your headaches.

ROCHESTER REGIONAL HEALTH
Neuroscience Institute

Headache Center – Unity at Ridgeway
2655 Ridgeway Ave, Ste 420
Rochester, NY 14626

Headache Center - Henrietta Medical Campus
50 Middle Rd
Rochester, NY 14467

For more information please call 585.723.7972

Date	Time (Start/Finish)	Location of Pain	Intensity Rating (1-Mild 10-Severe)	Preceding Symptoms	Triggers	Medication (and dosage)	Relief (complete/ moderate/none)

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