

VORBOTEN

Welche Symptome konnten Sie als Vorboten Ihrer Kopfschmerzen identifizieren?

- Heißhunger
- Müdigkeit
- Gähnen
- Stimmungsschwankungen
- Nackenverspannung
- Unruhe, Getriebenheit
- Reizbarkeit
- Antriebslosigkeit

HÜPFTEST

Verstärkt sich Ihr Kopfschmerz manchmal, wenn Sie hüpfen, springen oder Stiegen steigen und wird dann pulsierend?

- Ja Nein

AUF DER SUCHE NACH GLEICHGESINNTEN?

www.shgkopfweh.at

BEGLEIT-SYMPTOME

Welche Symptome erleben Sie während Ihrer Kopfschmerzphase?

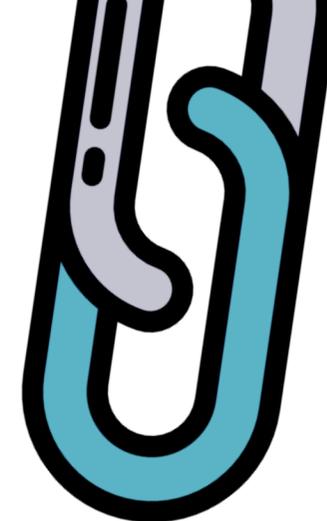
- Übelkeit
- Erbrechen
- Lichtscheu
- Lärmscheu
- Konzentrationsstörungen
- Müdigkeit
- Geruchsüberempfindlichkeit
- Augentränen
- rinnende Nase
- Berührungsempfindlichkeit
- Frösteln, Schwitzen
- Magen-Darm-Beschwerden
- vermehrter Harndrang



WICHTIG

Ofdmals ist man mit Kopfschmerzen nicht fahrtauglich!

WWW.SCHMERZLINKS.AT



Kopfschmerzkalender

Werden Sie selbst zum* zur Kopfschmerzexpert*in!



Kopfschmerzkalender

www.schmerzlinks.at



| TAG | STÄRKE 1=SCHWACH / 10=STARK | | | | | MEDIKAMENT UHRZEIT / WIRKUNG | | | AUSLÖSER | | | VORBOTEN | | | BEGLEITSYMPTOME | | | | AURA | | ART & ORT | | | AKTIV | | TAG | | | | |
|-------|--------------------------------|--------|------------|-------|--------|---------------------------------|--------|--------|----------|-------|------|----------|--|--|-----------------|----------|-----------|------------|------|--|-----------|-----------|------------|-----------|---|-----|-------|-------------|-------|----|
| | Vormittag | Mittag | Nachmittag | Abend | Nachts | | | | gut | wenig | nein | | | | | Übelkeit | Lärmscheu | Lichtscheu | | | MIT Aura | OHNE Aura | pulsierend | einseitig | | | Sport | Entspannung | | |
| Bspl. | 2 | 6 | 8 | 0 | 3 | 14 Uhr | 15 Uhr | 18 Uhr | x | x | | | | | x | | x | | | | x | | x | | x | x | | x | Bspl. | |
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NAME Kopfschmerz-Tage (egal, welcher Stärke): Summe Tage mit Medikamenteneinnahme: Summe Monat / Jahr /