



# DOCTOR DISCUSSION

## — GUIDE —



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### IT'S TIME TO TALK ABOUT YOUR MIGRAINE

**Start a new conversation with your doctor about a simpler way to manage migraine.**

If migraine is constantly on your mind and you aren't satisfied with your current treatment, you are not alone. Taking the initiative to start a new conversation with your doctor is a great first step towards simplifying your migraine management.

You may have already had many discussions with your doctor throughout the trial-and-error process of searching for the right treatment. But due to the complexities of migraine, finding a solution for all the problems migraine causes has been challenging. By using this guide, you can lead a focused conversation on how migraine attacks impact your life and work towards better migraine management.

**Answer the questions below and bring the completed guide to your doctor**

**? On average, how many days per month do you have a migraine attack?**

1 2 3 4 5 6 7 8 9 10+

**What symptoms do you experience leading up to an attack?**



tiredness



nausea



light sensitivity



sound sensitivity



gastrointestinal issues



aura

Describe any additional symptoms

**? How severe is your typical migraine attack?**

- Severity:** ☐ Mild (very little pain)  
☐ Moderate (painful)  
☐ Severe (a lot of pain)

**How long does an attack usually last?**

- Duration:** ☐ <4 hours ☐ 12–24 hours  
☐ 4–6 hours ☐ 1 day ☐ 3+ days  
☐ 6–8 hours ☐ 2 days

**Do you have specific triggers that often lead to a migraine attack?**



alcohol



caffeine



dairy foods



lack of sleep



light



sounds



stress



weather

Describe any additional triggers

**? What are you currently taking to treat and/or prevent migraine attacks?**

List your current treatments

**? How often do you avoid or delay taking your migraine treatments?**

☐ Never

☐ Sometimes

☐ Often

☐ Always

Describe why you avoid or delay taking treatments

Flip side →

### Migraine can affect your daily life

Conversations between you and your doctor may be focused mainly on treatment strategies. But the impact of migraine on your day-to-day life is more than just the symptoms you experience during an attack. Consider the questions below and discuss with your doctor the impact that migraine has on your life.

? **Are your treatments and strategies for managing migraine attacks disruptive to your day-to-day life?**  
(e.g., carrying multiple medications, isolating during an attack, side effects, etc.)

- ☐ Not at all      ☐ A little      ☐ Moderately      ☐ Very      ☐ Constantly

Briefly explain how your treatments/strategies disrupt daily life

? **How often do you have to make hard decisions to avoid triggering a migraine?**  
(e.g., not having certain foods or drinks, avoiding noisy situations, skipping social events, etc.)

- ☐ Never      ☐ Rarely      ☐ Sometimes      ☐ Often      ☐ Always

Briefly explain how avoiding triggers is impacting your life

? **How often do you miss work or social events due to migraine?**

- ☐ Never      ☐ Rarely      ☐ Sometimes      ☐ Often      ☐ Always

Briefly explain how missing work or social events is impacting your life

? **How often do you feel ineffective at work or unable to enjoy your personal life due to migraine?**

- ☐ Never      ☐ Rarely      ☐ Sometimes      ☐ Often      ☐ Always

Briefly explain how feeling ineffective at work or being unable to enjoy your personal life is impacting you

? **Do you feel satisfied with your current migraine attack treatment strategies?**

- ☐ Not at all      ☐ A little      ☐ Moderately      ☐ Very      ☐ Completely

Add additional notes here

? **Do you feel confident in any preventive treatments you are taking or in your strategies to prevent migraine attacks?**

- ☐ Not at all      ☐ A little      ☐ Moderately      ☐ Very      ☐ Completely

Add additional notes here

**After you complete this guide, bring it to your next appointment and discuss it with your doctor.**

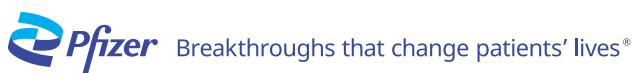
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