

Lūdzu uzrakstiet visus medikamentus, kurus jūs lietojat pie galvassāpēm:

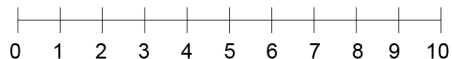
A: _____

B: _____

C: _____

Sāpju stiprums: 0-10 Punkti

(0 = nav sāpju, 10 = visstiprākās sāpes)



Avots: Vācu migrēnas un galvassāpju biedrība.

Priekšvēstneši jeb Aura*:

- A - Acu simptomi
- J - Jušanas traucējumi (notirpums, nejutīgums)
- R - Runas traucējumi

Cits simptoms: _____

Cits simptoms: _____

Citi saistītie simptomi:

- A - Asarošana
- S - Acu apsārtums
- D - Deguna tecēšana
- V - Vēdera aizcietējums

Sāpju rašanās iemesls:

1. Uztraukums/stress
2. Atveseļošanās periods
3. Izjaukts miega/nomoda ritms
4. Menstruācijas
5. Alkohols, pārtika

6. Jūsu variants _____

7. Jūsu variants _____

8. Jūsu variants _____

| Diena | Sāpju veidi un vieta | | | | | | | | Iemesls (1.-6.) | Saistītie simptomi | | | | | Medikaments | Skaitis | | Vai medikaments palīdzēja? | | | Diena |
|-------|----------------------|--------------------------------|-----------------|-----------------|------------------|-------------|------------|---------|-----------------|--------------------|-----------------------|--------------------|--------------------|----------------------------|-------------|------------------|----|----------------------------|---------|----|-------|
| | Stiprums | Priekšvēstneši (A; J; R; cits) | Ilgums, stundas | Pulsējošas/Asas | Trulas/Nomācošas | Vienpusējas | Divpusējas | Vemšana | | Slikta dūša | Jūtība pret trokšņiem | Jūtība pret gaismu | Jūtība pret smakām | Citi simptomi (A; S; D; V) | | Pilieni/Tabletes | Jā | Nē | Mazliet | | |
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