# Making a Diagnosis of Migraine

## Differentiate between tension-type headache and migraine
- **Tension-Type Headache**
  - Non-throbbing
  - No effect of movement
  - Not associated with nausea
  - Photophobia
  - Phonophobia
- **Migraine**
  - Throbbing
  - Movement makes worse
  - Associated with:
    - Nausea
    - Photophobia
    - Phonophobia

## Migraine Attack Symptoms
**Include:**
- **Premonitory (prodromal) symptoms**
  - Neck discomfort
  - Cognitive impairment
  - Tiredness/yawning
  - Polyuria/thirst/food cravings
- **Pain**
  - Unilateral
  - Pulsating
  - Worse with movement
- **Nausea/vomiting**
- **Sensory sensitivity**
  - Photophobia
  - Phonophobia
  - Osmophobia
  - Allodynia

## Postdromal symptoms
**Include:**
- **Tiredness**
- **Lack of concentration**
- **Neck discomfort**

## Key Questions to Ask:
**Type of headache**
- Is the pain throbbing or not?
- Are you sensitive to light/sounds/smells?
- On a bad headache day, is light different to what it is on a normal day without any headache at all?
- Do you have any nausea?
- Is there a family history of headaches?

**Frequency of headache**
- How many headache days do you have a month?
- How many crystal clear days do you have?

**Duration of headache**
- Do have premonitory symptoms:
  - Neck discomfort? Tiredness?
  - Do you yawn?
  - Any urinary frequency/brain fog?
- Postdrome: Do you feel washed out/tired after an attack?

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The information presented here is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment included here should not be used by clinicians without evaluation of their patients' conditions and possible contraindications, review of any applicable manufacturer’s product information, and comparison with recommendations of other authorities.

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