

Headache treatments tried to date

Preventative medications

Preventative medications are those medications taken every day, to reduce the frequency and severity of the headaches overall. They include supplements, oral medications and injectables.

Medication	Max dose	Duration	Effective?	Side effects

Max dose=highest daily dose of medication

Duration= how long you took the medication every day

Effective= any improvement whilst on the medication, or not

Side effects= any unwanted effects from the medication

Acute medications

Acute medications are the medications you take on occasion when you have a headache, ideally to stop it within 1-2 hours

Medication	Max dose	Effective?	Side effects

Other treatments for headache (eg, physio, acupuncture, nerve blocks)
