

# Health Resume

NAME: \_\_\_\_\_ PRONOUNS: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

D.O.B: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_

OTHER PERSONAL INFO: \_\_\_\_\_

## MY PRIMARY MEDICAL CONDITIONS

- 
- 
- 
- 
- 

## MY PRIMARY SYMPTOMS


Reason for Today's Visit: \_\_\_\_\_

About Me: \_\_\_\_\_

My Treatment Goals:

- 
- 

## MY CURRENT TREATMENTS

Treatment	Current Dose (Amount/Frequency)	Condition for which Prescribed

**MY PAST TREATMENTS**

Treatment	Max Dose (Amount/Frequency)	Condition for which Prescribed	Reason Stopped

**MY ALLERGIES & ADVERSE REACTIONS**

Drug or Allergy	Reaction



**MY PAST SURGERIES, HOSPITALIZATIONS & PROCEDURES**

Date	Event	Location

**FAMILY HISTORY**

Relative	Condition/Disease

## CONTACTS

	Name	Relationship	Phone
Emergency Contact			
	Name	Location	Phone
Primary Care			
Headache Specialist			
Other Specialist			
Other Specialist			

---

*Complete medical records available upon request.*

---

## ADDITIONAL NOTES

**Instructions:**

***(Delete following pages prior to printing for your healthcare provider)***

Completing this form is mostly self-explanatory, however I wanted to share how I use the “**About Me**” box. I like to write things like:

- my patient style (I bring research, I ask lots of questions, I need to be a partner in my care, I prefer to be given options, I can get overwhelmed if having high symptoms, etc.),
- my treatment goals which is related to
- how my conditions/symptoms limit me those activities and other functions,
- a little about what I do in for work, advocacy, and/or social activities (if able), and
- **very important:** requests of the healthcare provider that will make appointments easier (lights dimmed, no scents, my ability to take notes, having someone with me during the appointment, etc.).

In the "**Additional Notes**" box (at the end) I might write things like:

- number of migraine days vs. migraine free days,
- special diets I follow or known triggers for my various conditions, and
- questions I have for the provider during the appointment – about my symptoms, current or potential treatments, test results, etc.
  - I also keep these noted separately for myself.

***These two boxes will change depending on the type of healthcare professional I'm seeing.***

**Things to have upon request**

- Headache diary or other symptom diary with: triggers and treatments (or headache app data).
- List of other hospitals and provider's offices who might have relevant health records or test (if you didn't send beforehand).

**If you need help remembering past and present treatments, Dr. Courtney White has graciously provided a draft list that may help jog your memory (we will add if we think of others). See following pages.** Note, these are the names used in the U.S..

# Migraine Treatments

---

## Preventive

### Antiepileptics

- Topiramate (TOPAMAX, TROKENDI, QUEDEXY)
- Valproic acid (DEPAKOTE, DEPAKENE, DEPACON)
- Gabapentin (NEURONTIN)
- Pregabalin (LYRICA)
- Zonisamide (ZONEGRAN)
- Lamotrigine (LAMICTAL)
- Carbamazepine (TEGRETOL)
- Oxcarbazepine (TRILEPTAL)

### Beta Blockers

- Propranolol (INDERAL, INDERAL XL)
- Metoprolol (TOPROLOL, TOPROLOL XL)
- Atenolol (TENORMIN)
- Nadalol (CORGARD)
- Timolol (TIMOPIC)

### Antidepressants

- Amitriptyline (ELAVIL)
- Nortriptyline (PAMELOR)
- Doxepin (SINEQUIN)
- Protriptyline (VIVACTIL)
- Mirtazapine (REMERON)
- Duloxetine (CYMBALTA)
- Venlafaxine (EFFEXOR)
- Sertraline (ZOLOFT)
- Citalopram (CELEXA)
- Escitalopram (LEXAPRO)
- Fluoxetine (PROZAC)
- Paroxetine (PAXIL)

### Other Blood Pressure Medications

- Lisinopril (ZESTRIL)
- Candesartan (ATACAND)
- Verapamil (CALAN, VERELAN)

### CGRP Monoclonal Antibodies

- Erenumab (AIMOVIG)
- Fremanezumab (AJOVY)
- Galcanezumab (EMGALITY)
- Eptinezumab (VYEPTI)

### Botulinum Toxin

- Onabotulinumtoxin A (BOTOX)
- abotluinumtoxinA (DYSPORT)

### Gepants

- Rimegepant (NURTEC)
- Atogepant (QULIPTA)

### Supplements

- Magnesium
- Riboflavin/Vitamin B2
- Feverfew
- CoQ10
- Butterbur (petasides hybridus)

### Devices

- Cefaly
- TMS device
- gammaCore

### Other

- Memantine (NAMENDA)
- Cannabis (medical marijuana, CBD)

# Abortive

## **Triptans**

- Sumatriptan (IMITREX, ZEMBRACE)
- Zolmitriptan (ZOMIG)
- Frovatriptan (FROVA)
- Eletriptan (RELPAX)
- Rizatriptan (MAXALT)
- Almotriptan (AXERT)
- Naratriptan (AMERGE)

## **Ergots**

- DHE injection
- DHE Nasal spray (MIGRANAL, TRUDHESA, DHE 45)
- Methergine

## **Neuroleptics**

- Promethazine (PHENERGAN)
- Metoclopramide (REGLAN)
- Prochlorperazine (COMPAZINE)
- Chlorpromazine (THORAZINE)
- Haloperidol (HALDOL)

## **NSAIDs**

- Ibuprofen (MOTRIN, ADVIL)
- Naproxen (ALEVE, NAPROSYN)
- Ketorolac (TORADOL, SPRIX)
- Celecoxib (CELEBREX)
- Diclofenac (CAMBIA, VOLTAREN)
- Meloxicam (MOBIC)

## **Steroids**

- Prednisone (DELTASONE)
- Methylprednisolone (MEDROL, SOLUMEDROL)
- Dexamethasone (DECADRON)

## **Gepants**

- Rimegepant (NURTEC)
- Ubrogepant (UBRELVY)

## **Ditans**

- Lasmiditan (REYVOW)

## **Combination therapies**

- Acetaminophen-caffeine-aspirin (EXCEDRIN)
- Acetaminophen-caffeine-butabital (FIORICET, FIORINAL, ESGIC)
- Sumatriptan-naproxen (TREXIMET)

## **Devices**

- Cefaly
- Nerivio
- gammaCore
- TMS device

## **Other**

- Acetaminophen (TYLENOL)
- Diphenhydramine (BENADRYL)