



Name
[Redacted]
Email
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Report Date
2022-12-06
Date Range for charts:
2022-11-06 - 2022-12-06

Stats Snapshot

Problem

8.0
Migraine attack days per month

8
Total number of migraine days

51.84
Average migraine attack duration

4.5
The average max intensity of migraine

6.91
Total number of migraine hours

Solution

Acute Treatments (top 3)

Aspirin 8

CEFALY 5

None 3

Preventative Treatments (top 3)

CEFALY 27

Magnesium 5

Omega-3s 1

Result

22
Attack-free days!

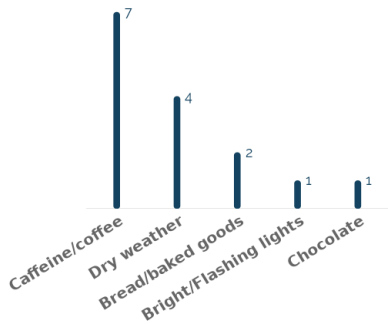
3.75
Average effectiveness

Notes



Trends

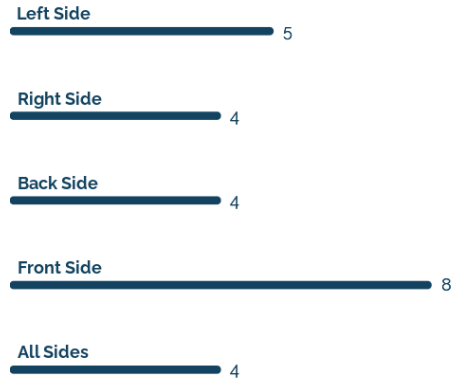
Migraine Triggers



Migraine Symptoms



Migraine Location Of Pain

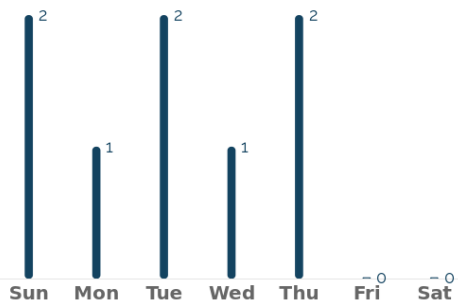


These are the migraine triggers you have identified. Try to minimize them and, through your log at CeCe, you will be able to check if these actions will impact your migraines.

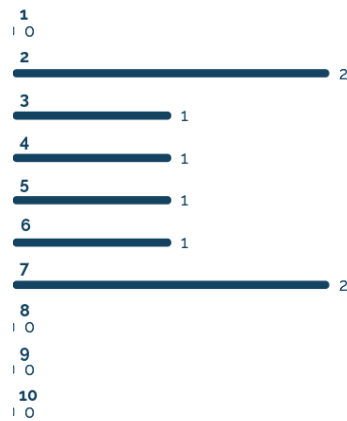
Here you can find the symptoms identified by you. Check with your doctor what you can do to minimize them. Compare it with other periods and verify if you find a pattern.

Your headache location can be an important input to help your doctor follow-up on your treatment.

Migraine Frequency Per Day of The Week



Migraine Intensity



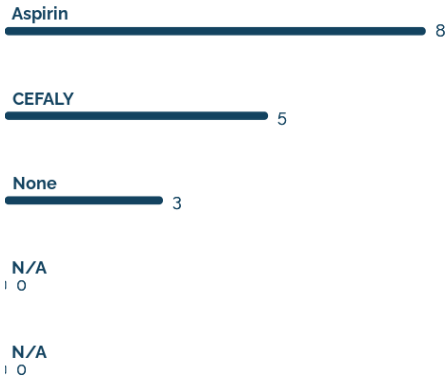
Check here your migraine attack days and try to connect them with the triggers you identified. Maybe there is an event that happens on certain days?

This chart will help you and your doctor to understand the average intensity of your migraine attacks.

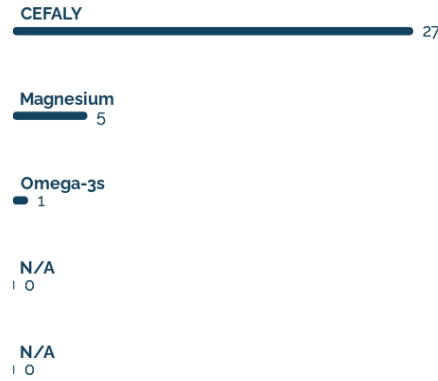
Notes

Trends

Acute Treatments



Preventative Treatments

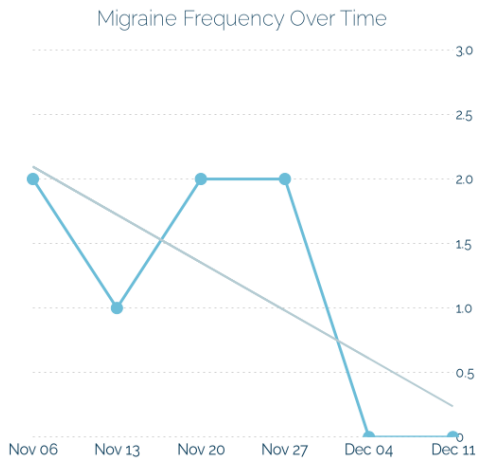


These are all the acute treatments you have used during migraine attacks over the time period selected.

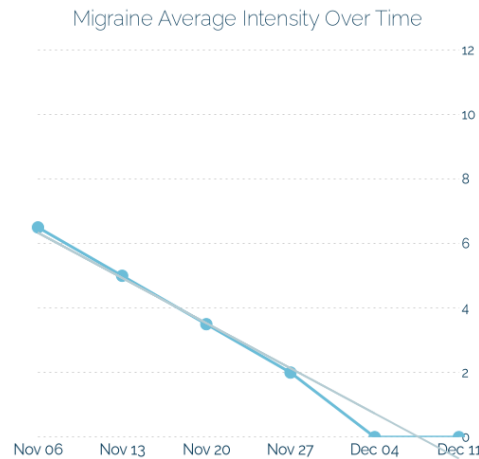
These are all the preventative treatments you have done over the time period selected.

Notes

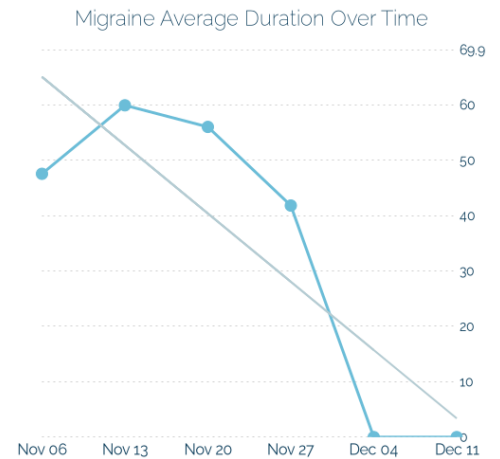
Evolution



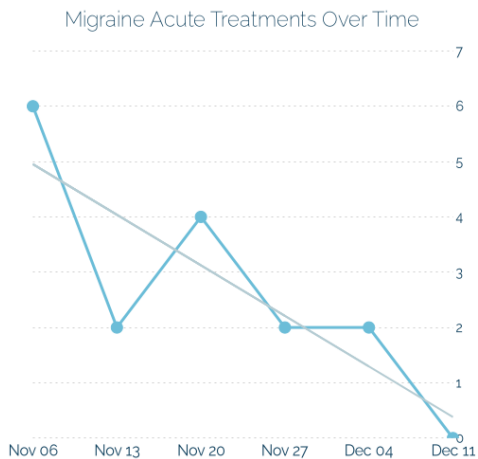
This graph shows the average amount of migraine attacks happened in 1 month. Look at the trend line to see if the frequency is increasing or declining.



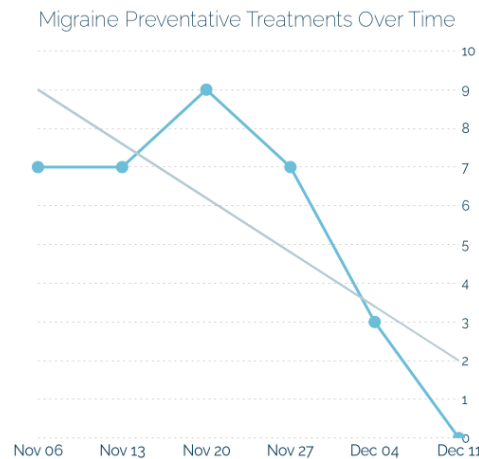
This graph shows the average intensity of your migraine attacks per month. Discuss with your doctor if your migraines are getting more or less severe.



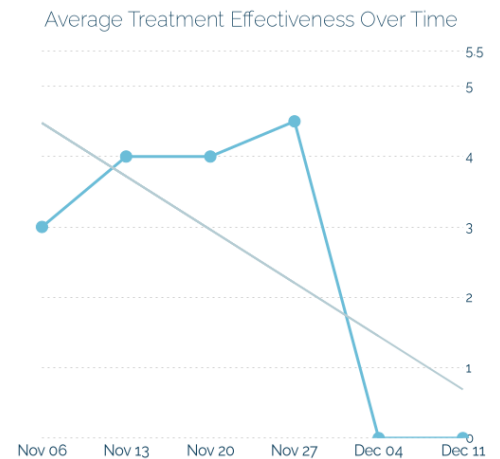
This graph indicates the average duration of your migraine attacks per month. Check the trend line to see if duration is reducing.



Look at the total amount of acute treatments you used per month. Compare it to the Frequency and Intensity of the migraine over this time period.



Look at the total amount of preventative treatments you used per month. Compare it to the Frequency and Intensity of the migraine over this time period.

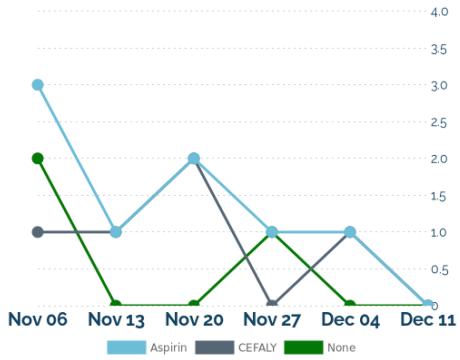


Monitor if the effectiveness of your acute treatments is increasing. Then you know you're on a good treatment path.

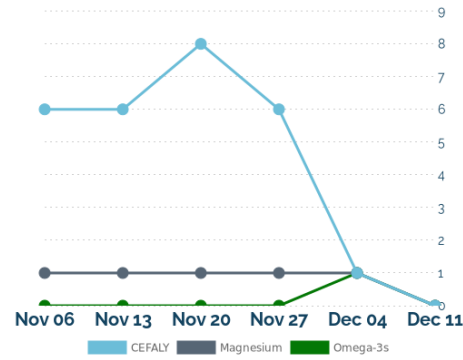
Notes

Evolution

Top 3 Acute Treatments Over Time



Top 3 Preventative Treatments Over Time



This graph shows an overview of the most used acute treatments per month. It gives you and your doctor insight in treatment progression.

This graph shows an overview of the most used preventative treatments per month. It gives you and your doctor insight in treatment progression.

Notes

#	Date	Time Started	Duration	Max Intensity	Head Location	Symptoms	Acute Treatment	Treatment Efficacy*
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1	12/04/22	09:16 PM	1hr -7mins	2	Left, Right, Back, Front	Pulsating Pain	Aspirin, CEFALY	4
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Journal Notes: 70% intensity today. Didn't feel overly intense though

2	11/08/22	09:06 PM	1hr 2mins	7	Left, Right, Back, Front	Pulsating Pain, Blurred vision	Aspirin, CEFALY	3
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Journal Notes: 65% intensity today. Ramped up until I felt it like I did in coaching session. Ramped up around 4 mins in

3	11/16/22	09:09 PM	1hr 0mins	5	Front	Pulsating Pain, Blurred vision	Aspirin, CEFALY	4
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Journal Notes: Felt great all things consisted. Got to 65% intensity. Haven't had migraine in a few days which is rare!

4	11/21/22	09:12 PM	1hr -3mins	4	Left, Front	Pulsating Pain	Aspirin, CEFALY	4
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Journal Notes: Felt okay after. 69% intensity. Prevent every day is helping

5	11/06/22	09:04 PM	1hr 4mins	7	Left, Right, Back, Front	Pulsating Pain	Aspirin, None	3
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Journal Notes: -

6	11/10/22	09:08 PM	1hr -27mins	6	Left, Right, Back, Front	Pulsating Pain	Aspirin, None	3
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Journal Notes: -

#	Date	Time Started	Duration	Max Intensity	Head Location	Symptoms	Acute Treatment	Treatment Efficacy*
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7	11/24/22	09:13 PM	1hr -4mins	3	Front	Pulsating Pain	Aspirin, CEFALY	4
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Journal Notes: Only got to 30% intensity and did only 20 min acute at the end of my migraine but helped to end migraine quicker

8	11/29/22	09:14 PM	1hr -29mins	2	Front	Pulsating Pain	Aspirin, None	5
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Journal Notes: Best migraine I've had! Not too long and pain was not intense. Had a health day off yesterday and today so stress is lower recently too!