

ID-Chronic Migraine (ID-CM) is a screening tool created by a team of headache experts. It is designed to help your doctor assess if you may have Chronic Migraine.^{1,*}

Chronic Migraine is a treatable medical condition defined by ≥ 15 headache days per month with each headache lasting 4 hours or more, including 8 or more days with migraine.²

- Instructions:**
1. Answer questions **Q1 - Q6** below.
 2. Tally your responses and bring to your doctor to find out if you may have Chronic Migraine.

1. What was the **FREQUENCY** of your headaches?[†]

Q1. In the last 3 months (past 90 days), on how many days did you have a headache of any type?

Number of days:

If you answered 45 days or more, check the **"FREQUENCY"** box

Q2. In the last month (past 30 days), on how many days did you have a headache of any type?

Number of days:

If you answered 15 days or more, check the **"FREQUENCY"** box

FREQUENCY

2. What were your **SYMPTOMS** when you had headaches in the last month (past 30 days)?[‡]

	A Never	B Rarely	C Less than half the time	D Half the time or more
Q3. How often were you unusually sensitive to light (eg, you felt more comfortable in a dark place)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Q4. How often were you unusually sensitive to sound (eg, you felt more comfortable in a quiet place)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Q5. How often was the pain moderate or severe?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Q6. How often did you feel nauseated or sick to your stomach?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you answered **"C"** or **"D"** to questions **Q3, Q4, and Q5**, check the **"SYMPTOMS"** box

If you answered **"C"** or **"D"** to both questions **Q5 and Q6**, check the **"SYMPTOMS"** box

SYMPTOMS

3. Tally your responses and then bring this information to your doctor.

If you checked both of these boxes

FREQUENCY and

SYMPTOMS

You may have Chronic Migraine

4. Questions to ask your doctor:

- 1) Do I have Chronic Migraine? 2) What's the difference between Chronic Migraine and other types of migraine? 3) What treatments are available for Chronic Migraine?

Visit MyChronicMigraine.com to learn about Chronic Migraine and to sign up for more information.

*The 6-question ID-CM Screener was derived from the 12-question ID-CM Screener.

[†]When answering Q1 and Q2, if you don't remember the exact number of headache days, please give the best answer you can. If a headache lasted more than 1 day, count each day.

[‡]When answering Q3 through Q6, describe the pain and other symptoms you have with your headaches. If you have more than 1 type of headache, please answer for your most severe type.

References: 1. Lipton RB, Serrano D, Buse DC, et al. Improving the detection of chronic migraine: development and validation of Identify Chronic Migraine (ID-CM). *Cephalalgia*. 2016;36(3):203-215. 2. Lipton RB. Chronic migraine, classification, differential diagnosis, and epidemiology. *Headache*. 2011;51(suppl 2):77S-83S.