



iHeadache™ Quick Start Guide

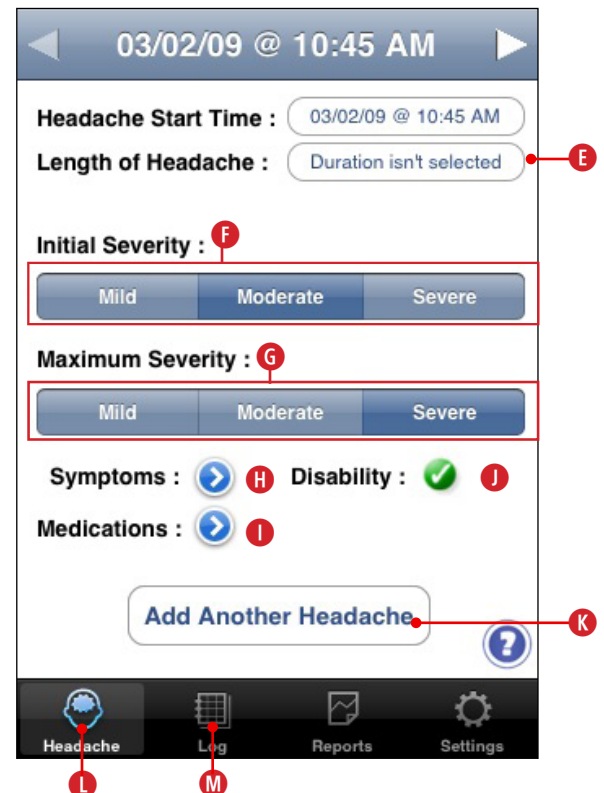
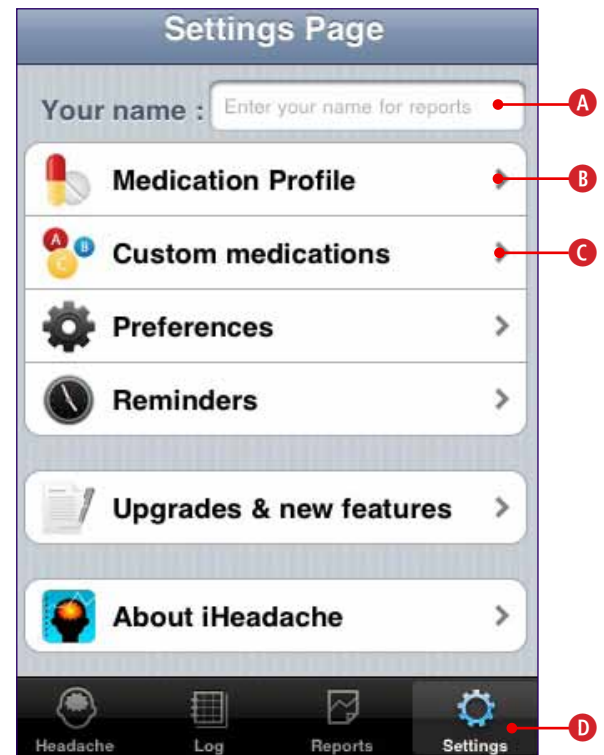


Welcome to iHeadache™! Tracking your headaches including symptoms, medications and disability will help you receive better care. This Quick Start Guide provides an overview of iHeadache's key capabilities.

Getting Started

The first time you start the app the system will automatically start the first headache. Just say ok and do not worry about it now, you can modify the date and time later.

- 1 Set Your Preferences by pressing the **D Settings** button, and fill in your **A name** to use on reports. Go to the **B Medication Profile** and add all the medications that you currently take to treat your headaches. If your medication is not in the system you can add it manually in **C Custom Medications**.
- 2 Enter a headache from either the **M "log"** page (see next page) or the **L "Headache"** page. The system will automatically start a headache the first time you open the App. You can begin entering information about the first headache you are going to log. When you need to begin a new headache you can tap the button **K "Add Another Headache"** on the Headache screen.
- 3 Update **E the headache duration** as your headache progresses. If the headache has been present for a while, you may want to set the duration at this time. You can always update it later if the headache lasts longer.
- 4 Set your **F initial pain** and **G maximum headache pain** to this point of the headache. Come back and update your maximum pain at any time if your headache gets worse.
- 5 Enter your **H symptoms**. All questions must be answered with either "yes" or "no" in order for you to save. You can come back and update the symptoms at any time so if you have any new symptoms as your headache progresses, be sure to come back and enter them.
- 6 Enter **I medications** taken for the headache and the time you took them. It is best to go to medication page and enter the medications when you take them. The medication time is automatically set to the time you enter the medication, however you may edit it.
- 7 Enter your **J disability** caused from the headache. It is generally best to enter your disability information at the end of the headache. Enter the amount of time you felt you were *totally disabled* (unable to function and were generally in bed. Include the time you were sleeping if this is not the time of day you would normally sleep) and the amount of time you are *partially disabled* (still working or playing but not as well).





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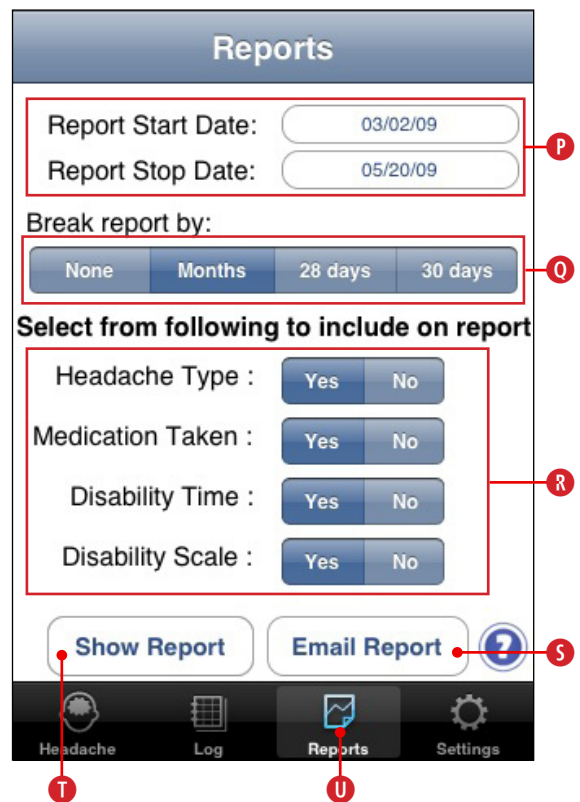
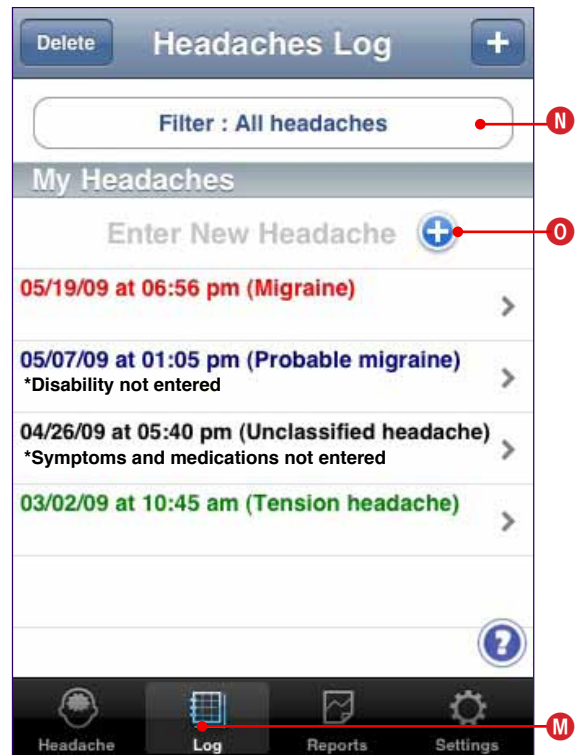


- 8 You can enter new headaches from the **M** “log” page by tapping on the **O** “Enter New Headache” button. The log screen lists all the headaches that have been entered to date. Use the **N** “Headache Filter” to find headaches with missing symptoms, disability, duration and medication.

Generating Reports

The reports are designed with both you and your health care provider in mind and they offer a wealth of information. In general, since headaches come and go, it is best to look at headaches over periods of time.

- 9 To generate a **U** report press the button at the bottom of the screen, then select the **P** start and stop dates for the report. This can include data for up to one prior year. You can break the reports by **O** calendar months, 30 day periods, or 28 day periods (4 weeks).
- 10 Discuss with your healthcare provider what to **R** include on the report. In order to view the report press **T** “Show Report,” and to send it to your doctor, press **S** “Email Report.”
- ◆ Your headache type is determined from your symptoms, duration and medication taken according to International Headache Society criteria.
- ◆ In a study performed by headache experts on patients with disabling tension headaches - real time diaries proved 30% of patients were misdiagnosed. More than of patients with migraines are misdiagnosed with tension and sinus headaches. Some diagnosis require not only knowing how many total headaches you have, but also how many individual headaches meet criteria for migraine. iHeadache™ will do this for you and your doctor. If you have frequent headaches this app will allow your physician to make a more accurate diagnosis.
- ◆ Medication use is summarized and reported by time frame. It shows medications taken for headaches and can show the possibility of rebound headaches - also known as medication overuse headaches.
- ◆ Your disability is calculated by the system. The system reports the time you are disabled and partially disabled from your headaches and calculates your *MIDAS® score. MIDAS® is a disability scale commonly used in migraine studies. A score of 6-10 means you have mild or infrequent disability. A score of 11-20 means you have moderate disability. A score over 21 means you have severe disability.



*(From Stewart WF, Lipton RB, Dowson AJ, et al. Development and testing of the Migraine Disability Assessment [MIDAS] Questionnaire to assess headache related disability. *Neurology* 2001; 56 [Suppl 1]:S20-28, with permission.) Migraine Disability Assessment, (MIDAS®), has graciously allowed for patient use with their doctors.