

Patient Report

Summary for your next doctor visit

Patient: John Doe

Date of Birth: 03/12/1988

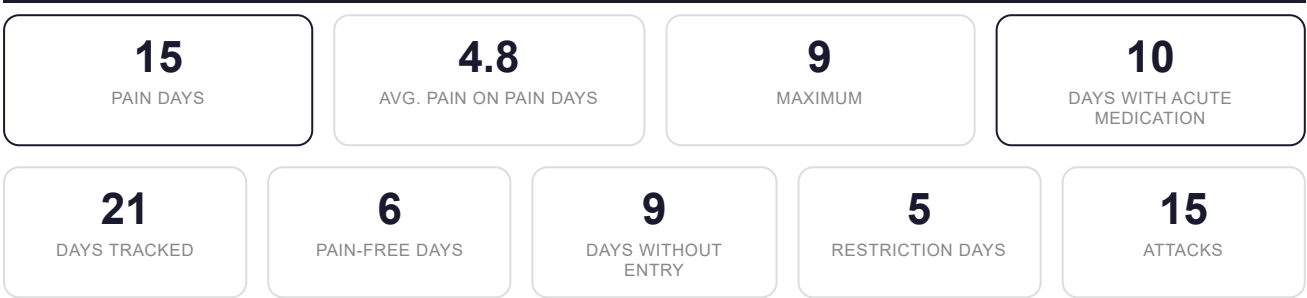
Conditions: Migraine

Acute medication: Ibuprofen 400, Sumatriptan (50 mg)

Preventive: Topiramate 50 mg since 10/02/2026

Period: 09/24/2026 - 10/23/2026 (30 days)

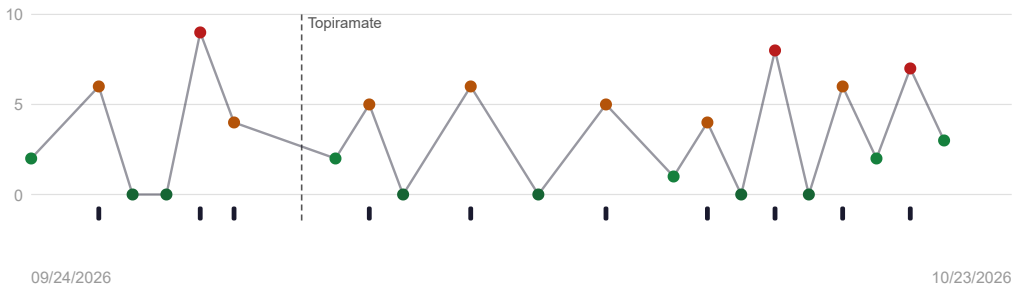
OVERVIEW



Pain intensity: NRS 0–10 (0 = no pain, 10 = worst imaginable pain) Average over entries with symptoms only; days documented as symptom-free (0) are not included.

Note: 10 days with acute medication in 30 days (10 per 30 days). Headache societies speak of medication overuse from 10 intake days per month (triptans, opioids, combination analgesics) or 15 (simple analgesics) for more than 3 months (ICHD-3, 8.2). Not advice, a count to discuss.

COURSE (DAY MAXIMUM)



Dots: highest value of the day (NRS 0-10). Ticks below the curve: days with acute medication. Dashed line: start of a preventive.

CALENDAR

September 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 2	25 -	26 6	27 0
28 0	29 9	30 4				

October 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 -	2 -	3 2	4 5
5 0	6 -	7 6	8 -	9 0	10 -	11 5
12 -	13 1	14 4	15 0	16 8	17 0	18 6
19 2	20 7	21 3	22 -	23 -	24	25
26	27	28	29	30	31	

Number = highest intensity of the day; the fill darkens with intensity (light up to 3, medium up to 6, dark from 7), readable in black-and-white print · frame with 0 = documented symptom-free · dot = acute medication taken · dash = no entry

MONTH COMPARISON

MONTH	DAYS IN PERIOD	PAIN DAYS	AVG. PAIN ON PAIN DAYS	DAYS WITH ACUTE MEDICATION
September 2026	7	4	5.3	3
October 2026	23	11	4.6	7

BEFORE / SINCE: TOPIRAMATE SINCE 10/02/2026

	BEFORE (30 DAYS)	SINCE (22 DAYS)
Avg. pain on pain days	4.6	4.6
Pain days per 30 days	15	15
Days with acute medication per 30 days	10	9.5
Maximum	9	8

Compares the 30 days before the start date with the time since (normalised per 30 days). Describes two periods from the entries; not proof of effectiveness.

TRIGGERS & PATTERNS

Top Triggers: Weather (9x), Screen work (8x), Stress (6x), Sleep Deprivation (6x)

Most frequent symptoms: Light sensitivity (10x), Nausea (2x), Aura (flicker, tingling, speech) (1x), Racing heart (1x)

Food Triggers: Dairy (1x)

Top Locations: Head (15x), Temple L (11x), Neck (5x)

Functional Limitations: Work (3x), Concentration (3x), Household (2x)

DAILY LOG

DATE	TIME	PAIN	DURATION	LOCATION	SYMPTOMS	TRIGGERS	MEDICATION (EFFECT)	NOTE
Thu, 09/24	03:40 PM	2	1 to 4 h	Head, Temple L		Weather, Screen work		
Sat, 09/26	01:05 PM	6	1 to 4 h	Head, Neck	Light sensitivity	Weather, Screen work	Ibuprofen 400: partial	
Sun, 09/27	06:35 PM	0						
Mon, 09/28	11:50 AM	0						
Tue, 09/29	04:20 PM	9	4 to 12 h	Head (moderate), Neck	Nausea, Light sensitivity	Stress, Sleep Deprivation	Sumatriptan: good	
Wed, 09/30	09:15 AM	4	1 to 4 h	Head, Temple L	Light sensitivity	Weather, Screen work	Ibuprofen 400: good	
Sat, 10/03	12:25 PM	2	1 to 4 h	Head, Temple L		Stress, Sleep Deprivation		
Sun, 10/04	05:40 PM	5	1 to 4 h	Head, Temple L	Light sensitivity	Weather, Screen work	Ibuprofen 400: good	
Mon, 10/05	10:55 AM	0						
Wed, 10/07	07:40 AM	6	1 to 4 h	Head, Temple L	Light sensitivity	Stress, Sleep Deprivation	Ibuprofen 400: good	
Fri, 10/09	06:20 PM	0						
Sun, 10/11	04:45 PM	5	1 to 4 h	Head, Neck	Light sensitivity	Stress, Sleep Deprivation	Ibuprofen 400: partial	
Tue, 10/13	02:25 PM	1	1 to 4 h	Head, Temple L		Stress, Sleep Deprivation		
Wed, 10/14	07:40 AM	4	1 to 4 h	Head, Neck	Light sensitivity	Weather, Screen work	Ibuprofen 400: partial	
Thu, 10/15	12:55 PM	0						
Fri, 10/16	07:40 AM	8	7.5 h (measured)	Head (moderate), Temple L (severe)	Aura (flicker, tingling, speech), Light sensitivity, Racing heart	Weather, Screen work	Sumatriptan: partial	Aura about 20 minutes before, sensitive to light
Fri, 10/16	11:05 AM	6	Attack update	Temple L			Ibuprofen 400: partial	Lying down in a dark room
Sat, 10/17	10:35 AM	0						
Sun, 10/18	03:50 PM	6	1 to 4 h	Head, Temple L	Light sensitivity	Weather, Screen work	Ibuprofen 400: good	

DATE	TIME	PAIN	DURATION	LOCATION	SYMPTOMS	TRIGGERS	MEDICATION (EFFECT)	NOTE
Mon, 10/19	08:20 AM	2	1 to 4 h	Head, Temple L		Stress, Sleep Deprivation		
Tue, 10/20	01:15 PM	7	4 to 12 h	Head (moderate), Neck	Nausea, Light sensitivity	Weather, Screen work	Sumatriptan: partial	Nausea, went to bed early
Wed, 10/21	06:45 PM	3	1 to 4 h	Head, Temple L		Weather		After dinner, weather change

All entries of the period in chronological order; notes are cut at 110 characters.

TIME OF DAY DISTRIBUTION

MORNING (5–12H)	AFTERNOON (12–17H)	EVENING (17–22H)	NIGHT (22–5H)
6 (38%)	8 (50%)	2 (13%)	0 (0%)

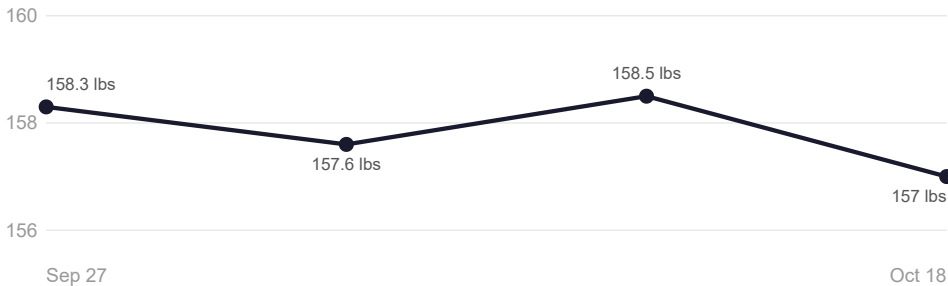
Distribution of entries with symptoms by time of day

WELLBEING & SLEEP

3.2 AVG. MOOD	3.2 AVG. ENERGY	3.0 AVG. SLEEP QUALITY	6.7h AVG. SLEEP
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Scale 1–5 (1 = very poor, 5 = very good)

WEIGHT TREND (LBS)



MEDICATION

MEDICATION	DAYS WITH ACUTE MEDICATION	TAKEN	EFFECTIVENESS		
			GOOD	PARTIAL	NONE
Ibuprofen 400	8	8	50%	50%	0%
Sumatriptan	3	3	33%	67%	0%

Medication days = days with at least one intake; intakes = number of entries with an intake. Effectiveness as a share of rated intakes, – = not rated.

DOCTOR'S NOTES

Symptom-free days are only counted when explicitly logged with intensity 0. Days without an entry are listed separately and allow no conclusion about how the patient felt.