



Advanced Migraine Stats and Analysis

# Migrane Report for Meredith Holley

Generated on: 02/19/2023 by Migraine Analytics

Total headache count: 279

Start date: 01/01/2017

End date: 02/18/2023

## Purpose and Usage of Report

This report is designed to help both your doctor and you better understand your migraines and how they are affected by various factors.

The program requires only the dates of when you have headaches and your zip code, but if other data has been tracked it can analyze that.

### The report will show you the following:

- Graphs of your migraines over time by day, month, and year to find overall trends
- Statistics about your migraines, such as average number of migraines per month, average number of migraines per year, and the median number of migraines per month
- Statistically significant correlations between your migraines and other factors, such as weather, and month, and pollen levels
- If you have tracked other data, such as if certain activities occurred or if you took medication, the program will show you the correlation between those factors and your migraines
- Many people have not tracked this data, so it is not required, but if you have it can help you better understand your migraines and verify if certain factors are causing them
- General and specific recommendations for how to better manage your migraines

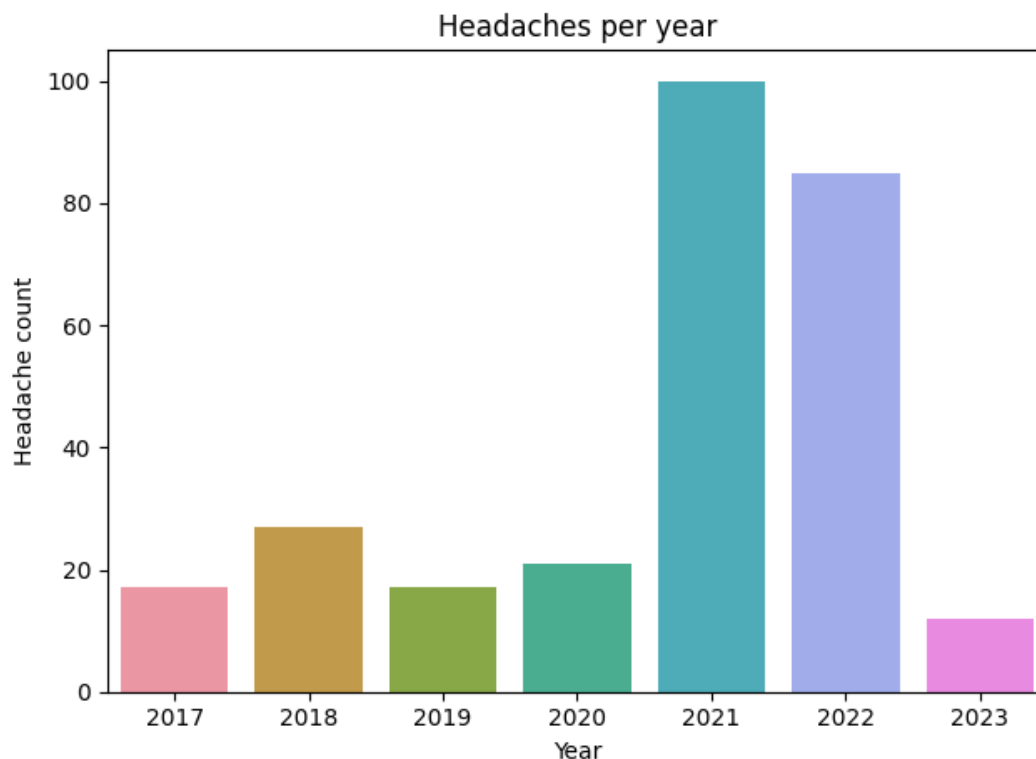
### How to use this report:

- The report is designed to be used by both you and your doctor, so you can both better understand your migraines and how to manage them.
- Since patients are not hospitalized with migraines, it has been impossible for doctors to have this data and in a useful format. This report fixes that problem.

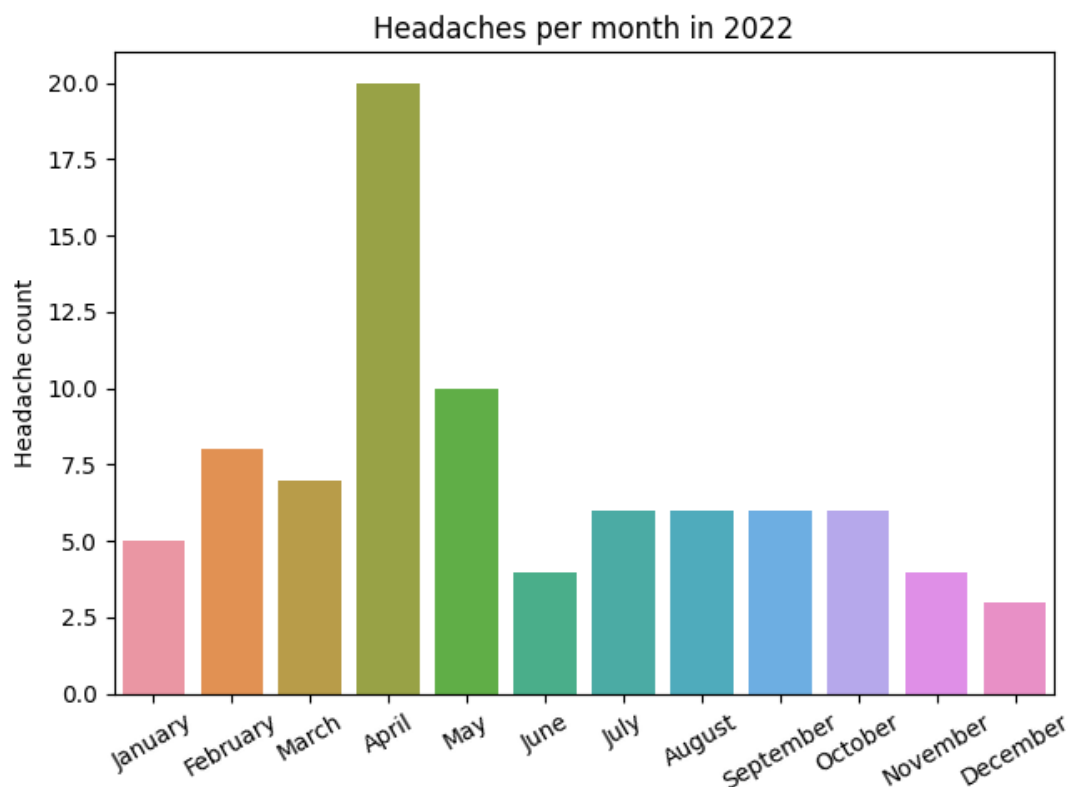
# Your Migraines Over Time

The following graphs show your migraines over time by day, month, and year.

These graphs can help you find overall trends in your migraines.

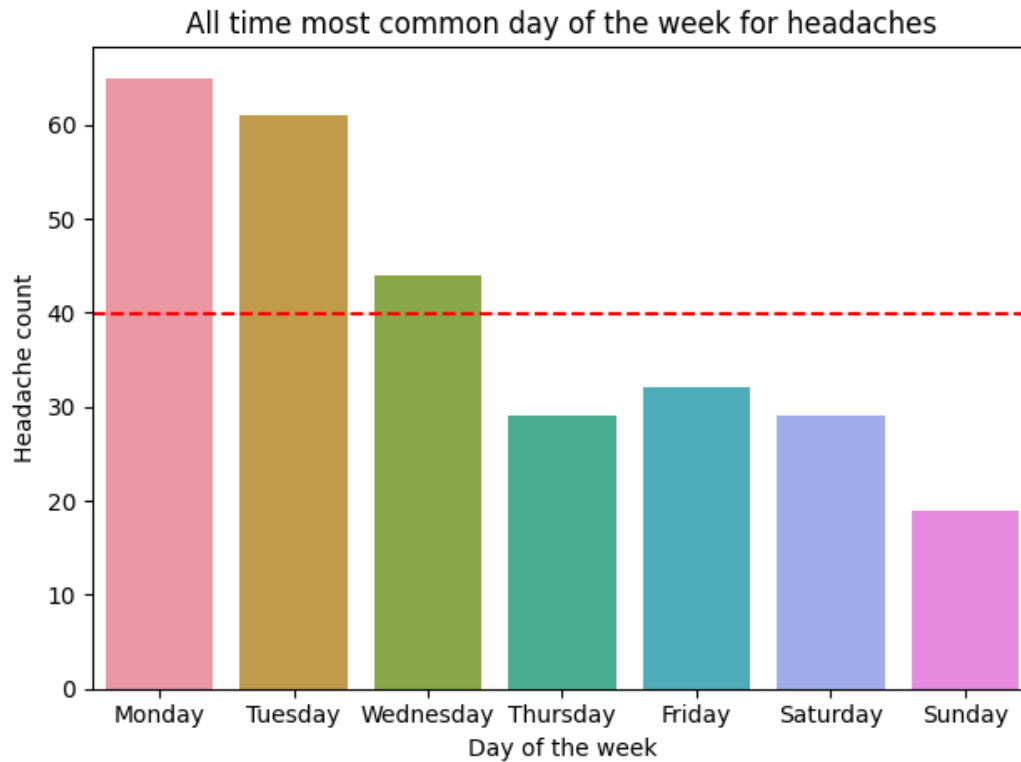


This graph shows the number of migraines you have had each year.

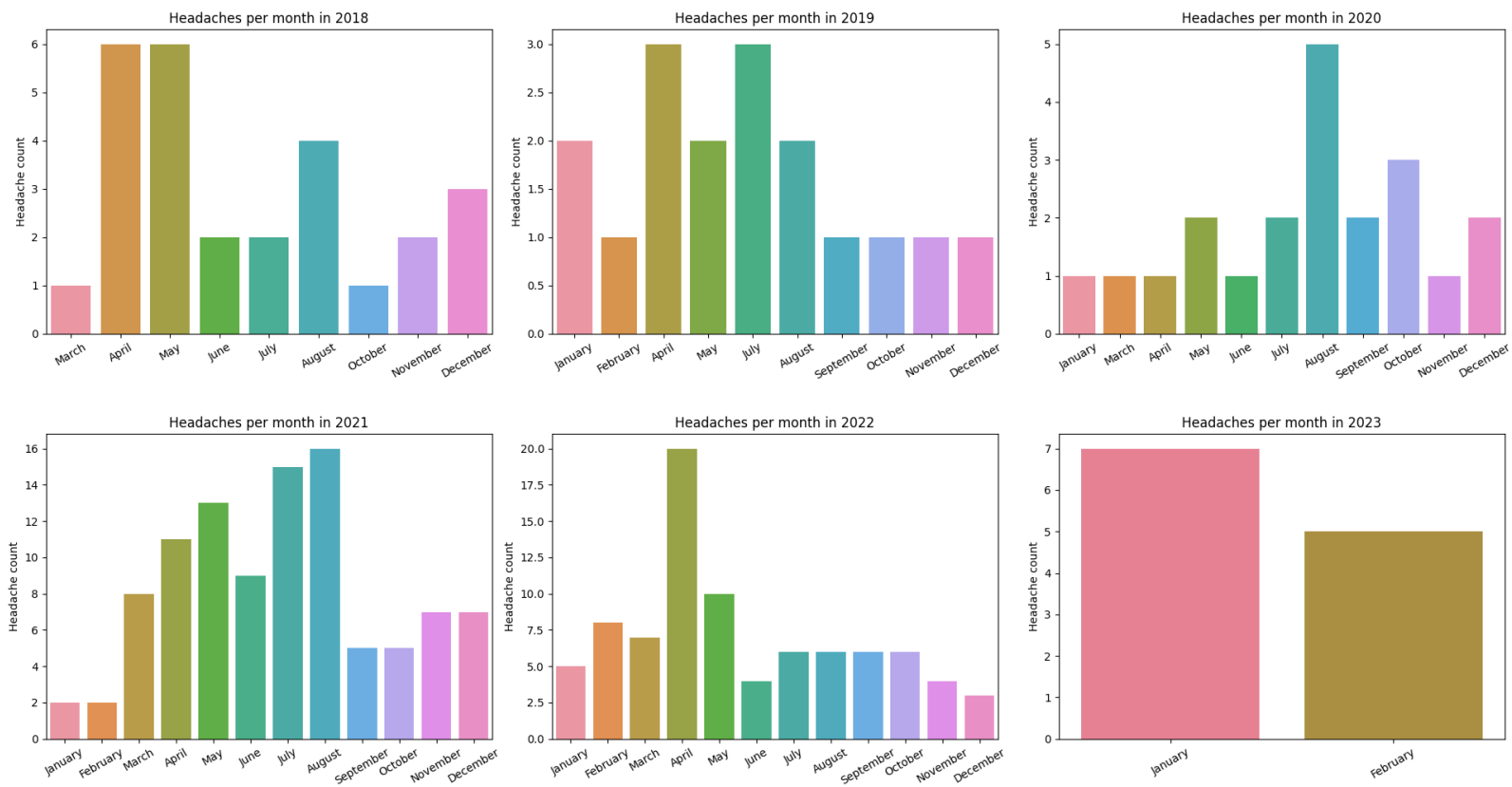


This graph shows the number of migraines you have had each month in 2022, the most recent full year.

# Your Migraines Over Time, Continued



The red line is the average, which is how many migraines you have on average each day.



Per month data of the last 6 years.

# Migraine Statistics

The following is information about what triggers your migraines and what has no effect.

It will include data like which months are more likely to cause migraines, and if temperature or other weather data has an effect.

If you are interested in the statistical tests used to find this data, please see the appendix.

## Months

Based on the data, we can say with very high confidence that during the following months, you are will have a high number of migraines:

**April May July August**

You should look for patterns or triggers during these months, and try to avoid them. Possible triggers could be stress from starting school, certain season, or activites during these months.

## Weather

Next, we will look at the weather data. We will look at the temperature, precipitation and pressure to determine if they have an effect on your migraines.

## Temperature

Based on the data, we can say with high confidence that the temperature has an effect on your migraines. The odds of having a migraine on a day with a temperature greater than 64 degrees is 39.17% more than on a day with a temperature of less than 64 degrees. A total of 57.19% of your migraines occured on days with a temperature greater than 64 degrees

## Precipitation

Based on the data, we can say with high confidence that Precipitation does not have an effect on your migraines.

## Barometric Pressure

Based on the data, we can say with high confidence that pressure does not have an effect on your migraines.