



Health Events

Time Period: 1/8/24 - 5/8/25

Gender: Unknown

Age: Unknown

You have not recorded any health events.

To add health events:

1. On Home Screen, tap on the menu icon in the top left corner
2. Tap on “Health Events”

Migraine Listing

Time Period: 1/8/24 - 5/8/25

Attack Type: All

Number of Attacks	Attack Days	Attack-Free Days	Avg Attack Duration
26	41	446	15h 50m

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
1	Started: 5/5/25 11:36 Lasted: 06h 28m		6		Anxiety	Pulsating pain, Fatigue, Pounding pain, Sensitivity to light		Left Back of Head (Upper), Left Back of Head (Lower)	Right Eye, Right Front Head, Right Cheek	Unsure - 1x Sumatriptan 3mg Injection	

Notes:

	Started: 5/1/25 13:32 Lasted: 04h 15m		6			Pulsating pain, Fatigue, Throbbing pain, Sensitivity to light		Left Back of Head (Upper), Left Back of Head (Lower)	Right Eye, Right Front Head	Unsure - 1x Sumatriptan 3mg Injection	
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Notes:

	Started: 4/22/25 14:57 Lasted: 16h 49m		8		Stress	Fatigue, Blurred vision, Throbbing pain, Anxiety, Depressed mood, Sensitivity to noise, Sensitivity to light		Left Back of Head (Upper), Left Eye	Right Eye, Right Front Head	Unsure - 1x Sumatriptan 3mg Injection	
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Notes:

	Started: 4/17/25 15:27 Lasted: 05h 14m		8			Pulsating pain, Fatigue, Blurred vision, Sensitivity to light, Nausea		Left Back of Head (Upper), Left Eye, Left Temple, Between Eyes	Right Eye, Right Back of Head (Upper)	Unsure - 1x Sumatriptan 3mg Injection	
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Notes:

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
5	Started: 4/9/25 15:26 Lasted: 29h 34m		8		No idea	Pulsating pain, Blurred vision, Throbbing pain, Pounding pain, Ringing in ears / Tinnitus, Sensitivity to light, Nausea		Left Back of Head (Upper), Left Temple, Left Eye, Left Front Head, Left Back of Head (Lower)	Right Back of Head (Lower), Right Back of Head (Upper)	Unsure - 3x Ibuprofen 200mg Oral	

Notes:

	Started: 4/4/25 21:02 Lasted: 11h 34m		8			Pulsating pain, Pounding pain, Ringing in ears / Tinnitus, Sensitivity to noise, Sensitivity to light		Left Back of Head (Upper), Left Eye, Left Front Head	Right Back of Head (Lower), Right Back of Head (Upper)		
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Notes:

	Started: 3/18/25 15:46 Lasted: 41h 00m		8			Pulsating pain, Throbbing pain, Pounding pain, Sensitivity to light		Left Eye, Left Front Head	Right Back of Head (Lower), Right Back of Head (Upper)	Unsure - 1x Sumatriptan 3mg Injection	
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Notes:

	Started: 2/28/25 14:13 Lasted: 16h 47m		6		No idea	Pulsating pain, Sensitivity to noise, Sensitivity to light		Left Back of Head (Upper), Left Cheek, Left Eye, Left Front Head, Left Back of Head (Lower)	Right Eye	Unsure - 2x Sumatriptan 3mg Injection	
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Notes:

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
9	Started: 2/4/25 14:17 Lasted: 05h 55m		6			Pulsating pain, Fatigue, Ringing in ears / Tinnitus, Sensitivity to light		Left Cheek, Left Eye, Left Front Head	Right Back of Head (Upper)	Unsure - 3x Sumatriptan 3mg Injection	

Notes:

	Started: 1/10/25 11:37 Lasted: 26h 02m		6			Pulsating pain, Throbbing pain, Sensitivity to light		Left Back of Head (Upper), Left Eye	Right Eye, Right Front Head		
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Notes:

	Started: 1/3/25 13:42 Lasted: 19h 19m		8		No idea	Pulsating pain, Throbbing pain, Nausea			Right Eye, Right Back of Head (Lower), Right Front Head, Right Back of Head (Upper)		
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Notes:

	Started: 12/30/24 08:45 Lasted: 28h 57m		8		No idea	Pulsating pain, Fatigue		Left Eye	Right Eye, Right Back of Head (Lower), Right Front Head		
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Notes:

	Started: 12/28/24 10:43 Lasted: 08h 00m		6			Pulsating pain, Sensitivity to light		Left Eye, Left Front Head	Right Eye	Unsure - 4x Ibuprofen 200mg Oral	
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Notes:

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
14	Started: 11/26/24 11:50 Lasted: 10h 10m		6			Sensitivity to noise, Sensitivity to light		Left Cheek, Left Eye			

Notes:

	Started: 11/8/24 13:03 Lasted: 19h 57m							Left Eye, Between Eyes			
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Notes:

	Started: 10/18/24 14:27 Lasted: 23h 36m		4			Sensitivity to noise, Sensitivity to light		Left Eye, Left Front Head	Right Eye	No medication	
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Notes:

	Started: 8/22/24 06:30 Lasted: 38h 30m		4					Left Back of Head (Upper), Left Front Head, Between Eyes	Right Eye, Right Front Head, Right Back of Head (Upper)		
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Notes:

	Started: 7/26/24 14:46 Lasted: 04h 21m		6			Pulsating pain, Throbbing pain, Sensitivity to noise, Sensitivity to light, Nausea		Left Back of Head (Upper), Left Eye, Between Eyes	Right Eye, Right Back of Head (Lower), Right Front Head, Right Back of Head (Upper)	Unsure - 3x Ibuprofen 200mg Oral	
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Notes:

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
19	Started: 7/25/24 16:36 Lasted: 13h 29m		6			Pulsating pain, Sensitivity to noise, Sensitivity to light		Left Back of Head (Upper), Left Eye, Left Front Head	Right Eye, Right Front Head, Right Back of Head (Upper)		

Notes:

	Started: 5/3/24 14:10 Lasted: 04h 03m		6			Pulsating pain, Fatigue, Pounding pain, Sensitivity to light, Moody		Left Back of Head (Upper), Left Eye, Left Front Head	Right Front Head, Right Back of Head (Upper)	No medication	
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Notes:

	Started: 3/6/24 18:14 Lasted: 38h 58m		2		Very variable weather	Fatigue, Blurred vision, Throbbing pain, Sensitivity to noise, Neck pain		Left Eye, Left Temple, Between Eyes, Left Back of Head (Lower)	Right Temple, Right Eye, Right Back of Head (Lower), Right Front Head		
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Notes:

	Started: 2/27/24 19:25 Lasted: 19h 36m		8		Stress, Anxiety	Pulsating pain, Throbbing pain, Pounding pain, Anxiety, Moody		Left Back of Head (Upper), Left Eye, Left Front Head, Left Back of Head (Lower), Between Eyes	Right Eye, Right Back of Head (Lower), Right Front Head, Right Back of Head (Upper)	No medication	
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Notes:

#	Started & Lasted	Attack Type	Pain Level	Affected Activities	Potential Triggers	Symptoms	Premonitory Symptoms	Pain Positions		Medication	Non Drug Relief Methods
								Left	Right		
23	Started: 2/7/24 13:54 Lasted: 08h 06m		4		Anxiety	Pulsating pain, Fatigue, Throbbing pain, Pounding pain, Sensitivity to light		Left Back of Head (Upper), Left Temple, Left Front Head	Right Temple, Right Front Head, Right Back of Head (Upper)	No medication	

Notes:

	Started: 1/30/24 10:14 Lasted: 04h 01m		6		No idea	Fatigue, Pulsating pain, Blurred vision, Throbbing pain, Sensitivity to light		Left Back of Head (Upper), Left Eye, Left Back of Head (Lower)	Right Eye, Right Back of Head (Lower), Right Back of Head (Upper)		
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Notes:

	Started: 1/29/24 14:15 Lasted: 03h 22m		6			Pulsating pain, Fatigue, Throbbing pain, Ringing in ears / Tinnitus, Sensitivity to light		Left Back of Head (Upper), Left Eye, Left Front Head, Between Eyes, Left Back of Head (Lower)	Right Eye, Right Back of Head (Lower), Right Front Head, Right Back of Head (Upper)	Unsure - 3x Ibuprofen 200mg Oral	
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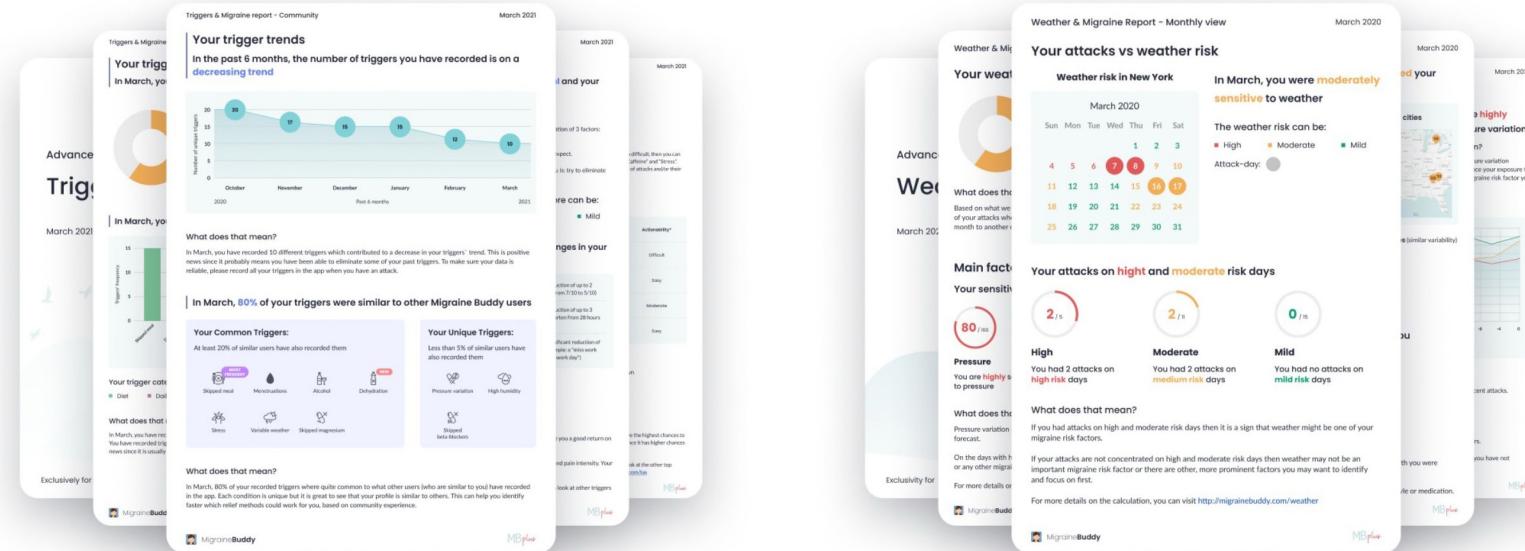
Notes:

	Started: 1/28/24 09:45 Lasted: 03h 55m		7		Anxiety	Fatigue, Pulsating pain, Throbbing pain, Anxiety, Sensitivity to light		Left Back of Head (Upper), Left Back of Head (Lower)	Right Eye, Right Back of Head (Lower), Right Front Head, Right Back of Head (Upper)	Unsure - 3x Ibuprofen 200mg Oral	
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Notes:

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- Get an action plan to reduce your exposure
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