

## Medical Consultation Report

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Patient Name: Jane Doe

Age/Gender: 34 / Female

Date of Visit: April 15, 2025

Consulting Physician: Dr. Emily Richardson, MD

Department: Neurology

### 1. Chief Complaint:

Recurring episodes of moderate to severe headache, primarily on the left side of the head, accompanied by nausea and sensitivity to light and sound.

### 2. Presenting Symptoms:

- Throbbing headache (2-3 times/week) - worse in the mornings, behind left eye
- Nausea - occasional, without vomiting
- Photophobia (light sensitivity) - frequent, causes resting in dark rooms
- Phonophobia (sound sensitivity) - moderate, avoids loud environments
- Aura - rare, reports "zigzag lights" before headache

### 3. History of Present Illness:

Symptoms began approximately 7 years ago. Increasing frequency and intensity over the last 6 months. Limited relief from OTC NSAIDs. Common triggers include stress, lack of sleep, and menstrual cycle.

### 4. Past Treatments:

- Ibuprofen (400 mg as needed) - mild relief
- Sumatriptan (as needed) - moderate relief, occasional side effects
- Lifestyle changes - inconsistent adherence, some improvement

## 5. Family History:

Mother has a history of migraines.

## 6. Diagnostic Tests Ordered:

- MRI Brain: Normal
- CT Scan: Normal
- Blood Work (CBC, ESR): Within normal limits
- Neurological Exam: No focal deficits

## 7. Diagnosis:

Migraine without Aura (ICD-10 G43.0)

## 8. Treatment Plan:

Acute Relief:

- Sumatriptan 50 mg at onset of headache
- Optional: Ibuprofen 400 mg

Preventive Therapy:

- Propranolol 20 mg once daily (monitor BP and HR)
- Magnesium supplement (400 mg daily)
- Vitamin B2 (200 mg twice daily)

Lifestyle Recommendations:

- Regular sleep-wake cycle
- Hydration, avoid dietary triggers
- Maintain headache diary

- CBT referral for stress

#### 9. Follow-Up:

Reassessment in 6 weeks to evaluate treatment efficacy.