

# 頭痛日記



每天記錄自己的頭痛日記，可以更方便與醫師溝通病情，有助於醫師治療偏頭痛唷！

### 填寫範例

日期	1 2 3 4 5 6 7 8 9 10	(請圈選月經來的日期)
是否有頭痛	早上 3	(1小痛~3大痛)
伴隨症狀	噁心或嘔吐 ✓	(請打勾)
持續時間	1.5	(請填幾小時)
是否有服用止痛藥	止痛藥 ✓	(有服用請打勾)
止痛藥是否有效	✓	(有效請打勾)

































> 備註 <



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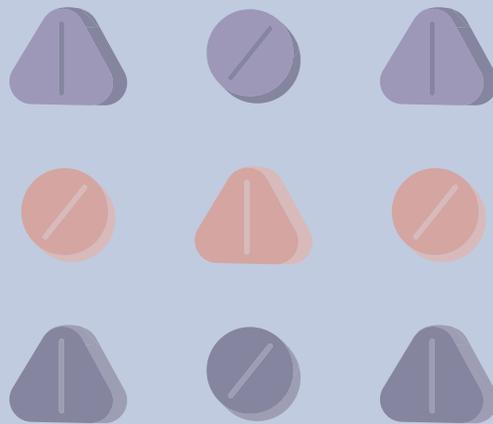


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