

**TEXAS SINUS, ALLERGY, SNORING, AND SLEEP INSTITUTE
UMANG KHETARPAL, MD**

HEADACHE VISUAL ANALOG SCALE

NAME: _____ DATE OF BIRTH: _____ DATE: _____

DATE OF SURGERY: _____

HEADACHE 0 1 2 3 4 5

SEVERITY: 0- no headache, 1- very mild, minimal needed, 2- mild, occasional meds, 3- moderate requiring frequent strong medication, 4- moderately severe, frequent combination of medications or MD visits, time off work, 5- severe debilitating, requiring sleep and rest or visit to the ER or work stoppage.

ARE YOUR HEADACHES ASSOCIATED WITH:

| | | |
|------------------------------------|-----|----|
| NAUSEA | YES | NO |
| VOMITING | YES | NO |
| BLURRY VISION | YES | NO |
| DIZZINESS | YES | NO |
| FACIAL/SINUS PRESSURE | YES | NO |
| NASAL CONGESTION | YES | NO |
| THICK NASAL OR POSTNASAL DISCHARGE | YES | NO |
| TEARY EYES OR RUNNY NOSE | YES | NO |
| EAR PRESSURE/PAIN | YES | NO |

| | | | | | |
|----------|----------|-----------|----------|-------------|----------|
| LOCATION | Forehead | Occipital | Temporal | Periorbital | All over |
| | Left | Right | Both | | |

| | | | | |
|----------|-----------------|----------------|---------|----------|
| DURATION | <1 HR | 2-4 HRS | All day | 1-4 days |
|----------|-----------------|----------------|---------|----------|

FREQUENCY Daily 2-3 times/week Once/week Once/bi-weekly
 Once/month Rarely Other

HOW LONG HAVE YOU HAD HEADACHES?

HOW LONG HAVE YOU HAD MIGRAINES?

WERE YOUR MIGRAINES DIAGNOSED BY A NEUROLOGIST OR INTERNIST?
 YES NO

HEADACHE MEDICATION USAGE
(such as Ibuprofen, Naproxen, Maxalt, Topamax, amitriptyline, etc.)
Describe dosage and frequency- daily or weekly

DO SINUS, NASAL, OR ALLERGY SYMPTOMS TRIGGER YOUR MIGRAINES OR HEADACHES?
 YES NO

WHAT TRIGGERS YOUR HEADACHES? (PLEASE CIRCLE)
 Stress Foods Allergies Sinus infections Other
If other, please describe.

HAS YOUR HEADACHE IMPROVED AFTER SINUA SURGERY OR BALLOON SINUPLASTY?
 YES NO

IF YES, THEN HOW MUCH HAVE THE SEVERITY AND FREQUENCY REDUCED BY?
 25% 50% 75% 100%

HOW OFTEN FO YOU GET THE HEADACHES AFTER SURGERY?

IF YOU HAD MIRGRAINE BEFORE SURGERY, HAS THAT IMPROVED? YES NO

HOW FREQUENTLY DO YOU GET MIGRAINES NOW?

GIVEN THE IMPROVEMENT, WOULD YOU DO THE SURGERY AGAIN? YES NO

WOULD YOU RECOMMEND THE SURGERY TO YOUR FAMILY MEMBER? YES NO