



## Galvassāpju dienasgrāmata

Mēnesis: \_\_\_\_\_

Lūdzu uzrakstiet visus medikamentus,  
kurus jūs lietojat pie galvassāpēm:

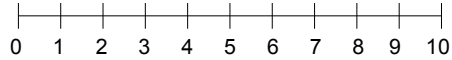
A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

### Sāpju stiprums: 0-10 Punkti

(0 = nav sāpju, 10 = visstiprākās sāpes)



Avots: Vācu migrēnas un galvassāpju biedrība.

### Priekšvēstneši jeb Aura\*:

**A** - Acu simptomi

**J** - Jušanas traucējumi (notirpums, nejūtīgums)

**R** - Runas traucējumi

Cits simptoms: \_\_\_\_\_

Cits simptoms: \_\_\_\_\_

### Citi saistītie simptomi:

**A** - Asarošana

**S** - Acu apsārtums

**D** - Deguna tecēšana

**V** - Vēdera aizcietējums

### Sāpju rašanās iemesls:

1. Uztraukums/stress
2. Atvasejošanās periods
3. Izjaukts miega/nomoda ritms
4. Menstruācijas
5. Alkohols, pārtika

6. Jūsu variants \_\_\_\_\_

7. Jūsu variants \_\_\_\_\_

8. Jūsu variants \_\_\_\_\_

| Diena | Sāpju veidi un vieta |                                |                 |                 |                  |             |            |         | Iemesls (1.-6.) | Saisītie simptomi |                       |                    |                    |                            |                   | Medikaments | Skaitis |    | Vai medikaments palīdzēja? |       |  |
|-------|----------------------|--------------------------------|-----------------|-----------------|------------------|-------------|------------|---------|-----------------|-------------------|-----------------------|--------------------|--------------------|----------------------------|-------------------|-------------|---------|----|----------------------------|-------|--|
|       | Stiprums             | Priekšvēstneši (A; J; R; cits) | Ilgums, stundas | Pulsējošas/Asas | Trulas/Nomācošas | Vienpusējas | Divpusējas | Vemšana |                 | Slikta dūša       | Juifba pret trokšņiem | Juifba pret gaismu | Juifba pret smakām | Citi simptomi (A; S; D; V) | Pilieni/ Tabletes |             | Jā      | Nē | Mazliet                    | Diena |  |
| 1     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 1     |  |
| 2     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 2     |  |
| 3     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 3     |  |
| 4     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 4     |  |
| 5     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 5     |  |
| 6     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 6     |  |
| 7     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 7     |  |
| 8     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 8     |  |
| 9     |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 9     |  |
| 10    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 10    |  |
| 11    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 11    |  |
| 12    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 12    |  |
| 13    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 13    |  |
| 14    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 14    |  |
| 15    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 15    |  |
| 16    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 16    |  |
| 17    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 17    |  |
| 18    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 18    |  |
| 19    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 19    |  |
| 20    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 20    |  |
| 21    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 21    |  |
| 22    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 22    |  |
| 23    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 23    |  |
| 24    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 24    |  |
| 25    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 25    |  |
| 26    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 26    |  |
| 27    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 27    |  |
| 28    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 28    |  |
| 29    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 29    |  |
| 30    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 30    |  |
| 31    |                      |                                |                 |                 |                  |             |            |         |                 |                   |                       |                    |                    |                            |                   |             |         |    |                            | 31    |  |