

Dear Patient,

In order to optimize your headache care, it is important to have accurate data about your headaches. The most helpful data is:

- Frequency of your headaches
- Degree of disability
- Medications taken

It is helpful for patients to keep a headache calendar. The data is more accurate if you record it at the time of your actual headache. Once your information is recorded, it needs to be summarized over various time periods in order to monitor your progress.

It is possible to keep your calendar on paper however summarizing the data is very time consuming. In addition, many patients have their calendar at home or at work and have to remember to enter the data later.

iHeadache, an app for the iPhone and iPod touch, allows you to easily track your headaches whenever and wherever you are. You can learn more about this program at www.iHeadacheApp.com. The program costs \$9.99. If you do not own an iPhone or iPod touch, you can purchase an iPod touch for about \$230. This is a one-time cost. There are no monthly fees for an iPod touch. You can get more information on the iHeadache™ website.

While many headache patients can benefit from using this program, the patients that particularly benefit are those who:

- Take or use any headache preventatives.
- Have headaches more frequent than once a week.
- Take narcotics - iHeadache™ will allow them to keep an accurate count of their medication needs.

Visit www.iHeadacheApp.com for more instructions on obtaining and installing the software including a quick start guide, users manual and video tutorials.

Preferences: Press “Settings” and then “Preferences” to set the following:

(Physician, Please check the preferences you would like your patient to enter into their iHeadache™ App.)

Headache Order Test Preference - iHeadache™ can test for tension headaches or probable migraines first.

- Tension Headache
- Probable Migraine

Report should include:

- Generic Medication Names
- Trade Medication Names
- Both Generic and Trade Medication Names

Choose the following headache duration rule:

- Ignore Duration:* only symptoms & medications are analyzed to determine the type of headache.
- Use the Duration if Entered:* duration will be used along with symptoms & medications to determine the headache type. If duration is left blank, only symptoms are analyzed.
- Require Duration:* duration of the headache is required to determine the type of headache.

Reports: The “Report” generated from iHeadache for your medical record should include the following: (Physician, Check the settings below you want your patient to use on their reports.)

Break report by:

- None (One continuous time period)
- Calendar Months
- 28 day time periods
- 30 day time periods

Include the following criteria on the report:

- Headache Type
- Medication Taken
- Disability Time
- Disability Scale

Before each follow-up appointment I want you to:

- E-mail the report to yourself then print it out and bring it with you.
- E-mail the report directly to me 24-48 hours before your appointment. My e-mail address is:

- Bring your iPhone or iPod Touch to your appointment and I will look at the report on the screen.

Patient Information



iHeadache™

Better Reports, Better Treatment.



What is iHeadache™?

iHeadache™, an app for the iPhone and iPod touch, captures real-time information about your headaches. Real-time information aids you and your physician in making an accurate diagnosis and optimizing your treatment plan.

iHeadache™ is an expert system. It classifies your headache type by analyzing your symptoms, the duration of your headache and the medications you take. It follows the International Headache Society (IHS) Criteria and classifies your headache as a Migraine, Probable Migraine, Tension Headache or Unclassified Headache. Studies have demonstrated that the misdiagnosis of the "type of headache" results in the patient not being prescribed the *most effective medication*. iHeadache™ helps solve this problem.



iHeadache™ tracks your:

Symptoms

iHeadache™ records symptoms common in various types of headaches. The symptoms you enter into iHeadache™ are the key to determining the type of headache you are having.

Disability

iHeadache™ captures the amount of time your headaches result in complete and partial disability. It also captures the degree to which you are disabled using the Migraine Disability Assessment Scale (MIDAS scale).

Medication Usage

Overuse of medications for headaches can cause rebound headaches. Capturing medication usage results in improved recognition of overuse.

Number of Headaches

Some headache types are classified by the number of headaches a patient has over a period of time as well as the individual type of headache the patient is having. iHeadache™ records the total number of headaches and the various types.

* iHeadache™ does not classify cluster headaches at this time however you can still use the tool to track the number of cluster headaches you are having.

Installing iHeadache™

▶ What do I need to run iHeadache™?

If you are going to buy a new device because you want to be able to track your headaches then you will need the following to run iHeadache:

- **iPhone or iPod touch:** The iPod touch is the cheaper option and is approximately \$230. We recommend the 8 GB model. Alternatively, you can buy an iPhone for \$99 but you also must sign up for a cellular plan.
- **E-mail Address:** You will e-mail reports to either yourself or your physician.
- **Computer:** You must load iTunes on a computer and register for an iTunes account. After that, you can download applications right to your iPhone or iPod touch or via iTunes on your computer.
- **Internet Access*:** You will need Internet access to install the program. This can be on your device itself or on a computer which you then sync with your device. You can find locations of free wi-fi hotspots close to you at www.wiffreespot.com.

* No Internet access is needed to run or enter headache data into iHeadache. You will need internet access to e-mail reports.

▶ Already own an iPhone or iPod touch?

If you already own an iPhone or iPod touch, then you can either download iHeadache™ directly from the app store or you can download the app into iTunes. iHeadache™ will be uploaded to your iPhone or iPod touch with the next sync.

▶ Installing iHeadache™ on your device:

- Buy an iPhone or iPod touch
- Download iTunes on your computer from Apple for free
- Open iTunes on your computer and create an account.
- Buy the iHeadache™ application - You can buy it from your device or buy it via iTunes on your computer
- Sync your iPhone or iPod touch with your computer
- Start iHeadache™

