

# HEADACHE OR MIGRAINE?

**Don't let misconceptions keep you from getting headache relief.  
Knowing the difference could make all the difference.**

## TAKE THIS QUIZ

When you have headaches, do you have:

### PAIN

Moderate to severe pain?	Never	Sometimes	Always
Pulsating or throbbing pain?	Never	Sometimes	Always
Worse pain on one side?	Never	Sometimes	Always
Worse pain when you move?	Never	Sometimes	Always

### SYMPTOMS

Nausea or vomiting?	Never	Sometimes	Always
Sensitivity to light and sound?	Never	Sometimes	Always

## YOUR HEADACHES COULD BE MIGRAINES IF:

- **You answered "sometimes" or "always" to at least 2 PAIN questions and at least 1 SYMPTOMS question**
- **You have had at least 5 of these headaches**
- **These headaches last 4 to 72 hours without treatment**

**Only a doctor can tell if your headache is a migraine and not another problem. Take this quiz and talk to your doctor.**

**If you would like more information, please contact  
Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)**



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