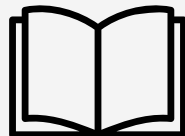


# MY HEADACHE DIARY



This diary will help you keep track of your headaches over the next 3 months. Using it every day over this time will give your doctor a more accurate picture of your headaches. If your headaches are frequent or severe, or you're not getting the relief you need, see your doctor before the end of 3 months.



**CHRONIC  
MIGRAINE HELP**









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