A Free Resource from Migraine World Summit

Menstrual Migraine Check



Important Framing

This is not a diagnosis. It is a quick, private check to see whether what you experience looks like migraine. Whatever your result, the next step is the same: a conversation with a doctor.
Your result will help you have it.

Self-Assessment Questions

#	Question	Options
1	Do your headaches tend to come in the days just before or during your period?	**(Yes, most months / Sometimes / No)**
2	In the last 3 months, with these headaches, have you felt sick to your stomach or nauseated?	**(Yes / No)**
3	In the last 3 months, has light bothered you much more than usual when you had one?	**(Yes / No)**
4	In the last 3 months, have these headaches limited what you could do for a day or more?	**(Yes / No)**
5	Is the pain often throbbing or pulsing, or focused on one side of your head?	**(Yes / No)**
6	Before the pain starts, do you ever notice things like flashing lights, zigzag lines, or blind spots?	**(Yes / No)**

Understanding Your Results

Question 1

If you said **yes** or **sometimes,** there is likely a connection to your menstrual cycle.

Questions 2, 3, and 4

Answering **yes** to at least 2 out of these 3 questions indicates an over 90% likelihood of probable migraine, according to the ID-3 Migraine Screener. 3 out of 3 is an even higher likelihood.

Question 5

Answering **yes** indicates a higher chance of migraine versus tension headache, which tends to be on both sides and more like a band of pressure rather than pulsating or throbbing. However, answering **no** does not rule out migraine, as many people also experience pain on both sides during a migraine attack.

Question 6

If you answered **yes,** there is a likely chance of having migraine with aura.
This matters for safety precautions with certain treatments, which will be explained in Modules 4 and 6.