

**Box 6.1** Migraine Prevention Quiz (Reprinted with permission from DA Marcus. *10 Simple Solutions for Migraines*, New Harbinger, Oakland, CA, 2006)

1. Do you usually have a migraine or other headache more than two days per week?
2. Even though you use an acute migraine therapy, do you miss school, work, or family activities at least once per week because of your migraine?
3. Do you overuse acute migraine medications to prevent a migraine from occurring?

If you answered “yes” to any of these questions, you should talk to your doctor about migraine prevention.