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| **Hovedpinekalender**  |  |
| Hovedpineambulatoriet, Sydvestjysk Sygehus, Finsensgade 35, 6700 Esbjerg – Telefon 79 18 31 02  |  |
| **Navn: CPR:**  |  |
| **Måned/ Dato**  | **Jan.**  | **Feb.**  | **Marts**  | **April**  | **Maj**  | **Juni**  | **Juli**  | **Aug.**  | **Sep.**  | **Okt.**  | **Nov.**  | **Dec.**  | **Måned/ Dato**  |
| **1.**  |   |   |   |   |   |   |   |   |   |   |   |   | **1.**  |
| **2.**  |   |   |   |   |   |   |   |   |   |   |   |   | **2.**  |
| **3.**  |   |   |   |   |   |   |   |   |   |   |   |   | **3.**  |
| **4.**  |   |   |   |   |   |   |   |   |   |   |   |   | **4.**  |
| **5.**  |   |   |   |   |   |   |   |   |   |   |   |   | **5.**  |
| **6.**  |   |   |   |   |   |   |   |   |   |   |   |   | **6.**  |
| **7.**  |   |   |   |   |   |   |   |   |   |   |   |   | **7.**  |
| **8.**  |   |   |   |   |   |   |   |   |   |   |   |   | **8.**  |
| **9.**  |   |   |   |   |   |   |   |   |   |   |   |   | **9.**  |
| **10**  |   |   |   |   |   |   |   |   |   |   |   |   | **10**  |
| **11.**  |   |   |   |   |   |   |   |   |   |   |   |   | **11.**  |
| **12.**  |   |   |   |   |   |   |   |   |   |   |   |   | **12.**  |
| **13.**  |   |   |   |   |   |   |   |   |   |   |   |   | **13.**  |
| **14.**  |   |   |   |   |   |   |   |   |   |   |   |   | **14.**  |
| **15.**  |   |   |   |   |   |   |   |   |   |   |   |   | **15.**  |
| **16.**  |   |   |   |   |   |   |   |   |   |   |   |   | **16.**  |
| **17.**  |   |   |   |   |   |   |   |   |   |   |   |   | **17.**  |
| **18.**  |   |   |   |   |   |   |   |   |   |   |   |   | **18.**  |
| **19.**  |   |   |   |   |   |   |   |   |   |   |   |   | **19.**  |
| **20.**  |   |   |   |   |   |   |   |   |   |   |   |   | **20.**  |
| **21.**  |   |   |   |   |   |   |   |   |   |   |   |   | **21.**  |
| **22.**  |   |   |   |   |   |   |   |   |   |   |   |   | **22.**  |
| **23.**  |   |   |   |   |   |   |   |   |   |   |   |   | **23.**  |
| **24.**  |   |   |   |   |   |   |   |   |   |   |   |   | **24.**  |
| **25.**  |   |   |   |   |   |   |   |   |   |   |   |   | **25.**  |
| **26.**  |   |   |   |   |   |   |   |   |   |   |   |   | **26.**  |
| **27.**  |   |   |   |   |   |   |   |   |   |   |   |   | **27.**  |
| **28.**  |   |   |   |   |   |   |   |   |   |   |   |   | **28.**  |
| **29.**  |   |   |   |   |   |   |   |   |   |   |   |   | **29.**  |
| **30.**  |   |   |   |   |   |   |   |   |   |   |   |   | **30.**  |
| **31.**  |   |   |   |   |   |   |   |   |   |   |   |   | **31.**  |

 De tre hovedpinetyper:

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| Marker datoerne ovenfor med tal, x eller bogstaver efter hovedpinens karakter  |

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| **Migræne:**1 = Let, hæmmer ikke dagligt arbejde2 = Middel, hæmmer i let grad dagligt arbejde3 = Svær, dagligt arb. kan ikke udføres, du er sengeliggende | **Spændingshovedpine:**X = LetXX = MiddelXXX = Svær | **Hortons hovedpine:**A = LetB = MiddelC = Svær |

**Medicinforbrug:** P = Panodil I = Ibuprofen

T = Treo S = Sumatriptan