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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.** | |
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| **9.** |  |  |  |  |  |  |  |  |  |  |  |  | **9.** | |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  | **10** | |
| **11.** |  |  |  |  |  |  |  |  |  |  |  |  | **11.** | |
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| **14.** |  |  |  |  |  |  |  |  |  |  |  |  | **14.** | |
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| **18.** |  |  |  |  |  |  |  |  |  |  |  |  | **18.** | |
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| **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 arbejde  2 = Middel, hæmmer i let grad dagligt arbejde  3 = Svær, dagligt arb. kan ikke udføres, du er sengeliggende | **Spændingshovedpine:**  X = Let  XX = Middel  XXX = Svær | **Hortons hovedpine:**  A = Let  B = Middel  C = Svær |

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

T = Treo S = Sumatriptan