TERRA DENTAL CARE
DR. MEBS SAYANI PROFESSIONAL CORPORATION
210 - 530 8th Ave. S.W. • Watermark Tower
Calgary, Alberta, Canada T2P 3S8 • P: [403] 263-4030, F: [403] 263-4041
www.terradentalcare.com, info@terradentalcare.com

HEADACHE DIARY

For _____

Month of _____

Please fax completed document to Terra Dental Care at [403] 263-4041

Day	Time Attack Starts	Duration	Intensity			Scale 1 to 5 (1 being the lowest ability & 5 being the highest ability)	Hours/Days lost to Work / Study	Location of Pain			Medication Taken Yes / No	Other Symptoms: (1) Nervousness / Insomnia (2) Hot / Cold Sensitivity (3) Tingling / Numbness of Fingertips (4) Postural Problems (5) Difficul y Chewing (6) Tender, Sensitive Teeth (7) Clenching / Grinding (8) Loose Teeth (9) Difficul y Swallowing (10) Ringing in the Ears (11) Ear Congestion (12) Limited Opening (13) TMJ Pain / Noise Choose all that Apply
			Low	Mode	Severe			Temporal	Back of Head	Jaw		
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												