A Decade of tracking headaches

Stephen Maher
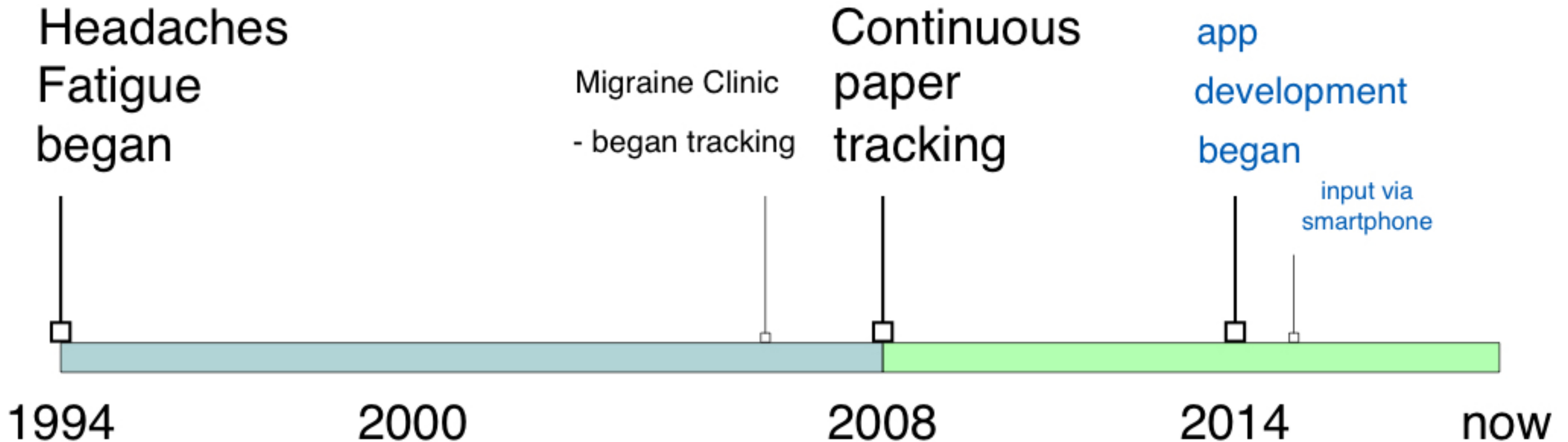
2008 - 2014

July 2008 date: 6

HEADACHE

start : 16 end: 22 mild / mod. / sev

type : poss migraine aura / nausea

INTERVENTION

time : 20 type : frova

dose: effect: none/sml/mod./full

RELATED EVENTS 5th July

fatty meal

time : 19 type : bad head

none/small/mod./full

time : 23-4am type : poor sleep

none/small/mod./full

5hrs.

2015 - 2018

Carrier 10:16 AM

Cancel **Add Headache** Save

Score

Very Weak

Weak

Medium

Strong

Severe

Started 10 Sep 2018 10:16 >

Ended end time >

Add Action >

Notes usually blank.

Home | Schedule | History | Analysis | More

Carrier 10:17 AM

< Cancel **Add Intervention** Save

Type Sumatriptan >

Strength 50mg >

Time 10 Sep 2018 10:17 >

Success none little some good full

Notes

Home | Schedule | History | Analysis | More

Summary : *Jan 2008 - Aug 2018*

Severity		51 %
Observations		639
	Av. per month	5
	Weekend Percent	54 %
	Av. Duration	21 hrs
Interventions		486
	Av. per month	4
	Success Percent	68 %

Possible Triggers (74 recorded from 2008 to 2015)

link code	linked observation	start	end
130	work stress	10 Sep 08 09:00	
320	bad night	23 Oct 08 01:00	
320	bad night	09 Nov 08 01:00	
161	flu like illness	25 Dec 08 20:00	
152	exercise	23 Jan 09 18:00	
161	flu like illness	04 Feb 09 08:00	
320	bad night	04 Feb 09 23:00	05 Feb 09 07:00
320	bad night	20 Mar 09 23:00	
126	holiday	21 May 09 08:00	25 May 09 08:00
315	humid weather	13 Jun 09 08:00	15 Jun 09 08:00

Time imbued with meaning

period	measure	variables	
day	hour	heat, light	work, meals, sleep
week	weekday		work, leisure
year	month	weather	holidays
lifetime	year / decade		family, friends, health, job ..

Interventions (single triptans) : 2008 - 2018

■ Headache - (No. Interventions per quarter):   Jan 2008 - Jun 2018
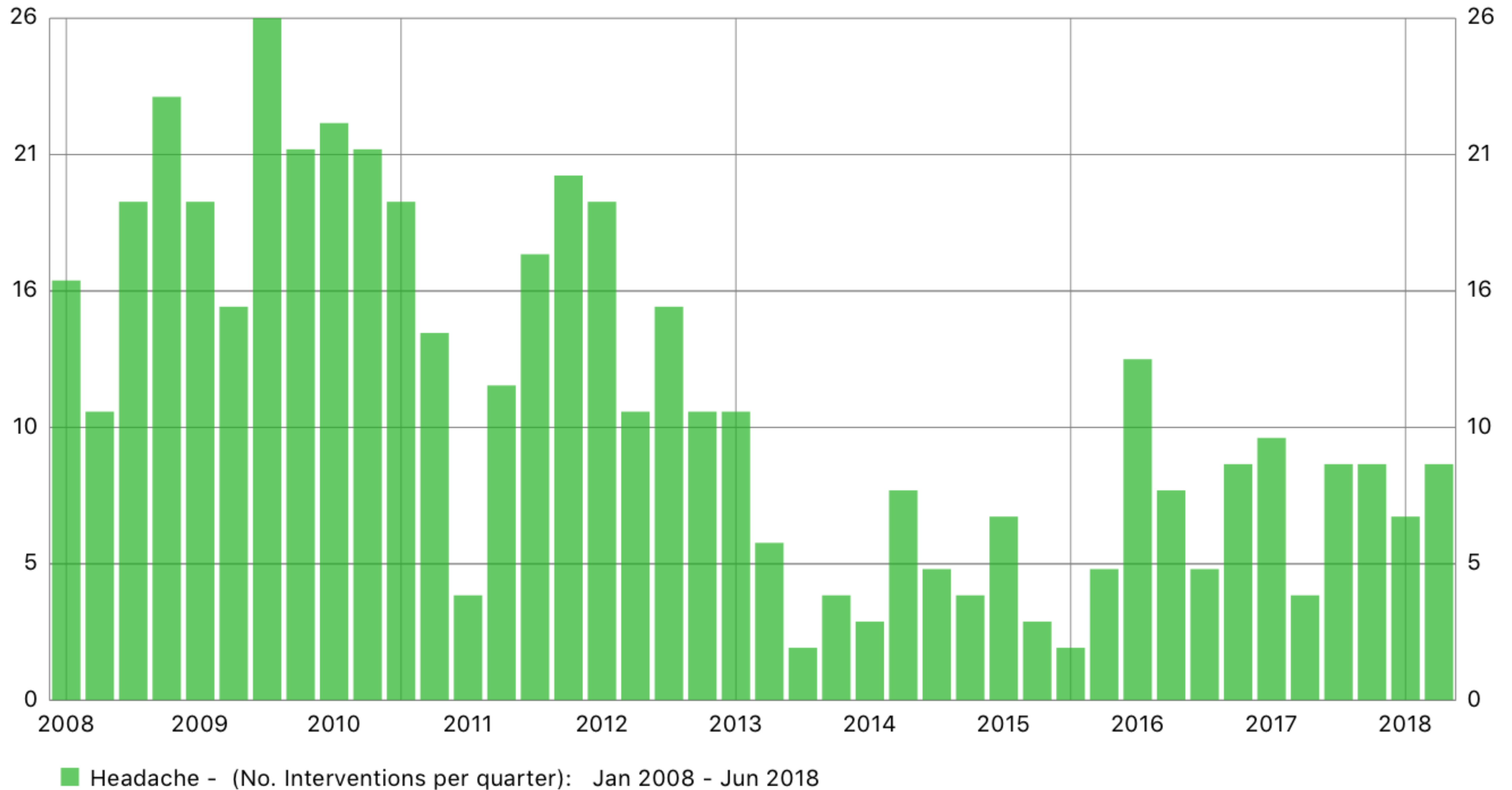
Interventions by Circumstance

Contract Hours — Local Hours — Self Employed

Headache - (No. Interventions per quarter): Jan 2008 - Jun 2018
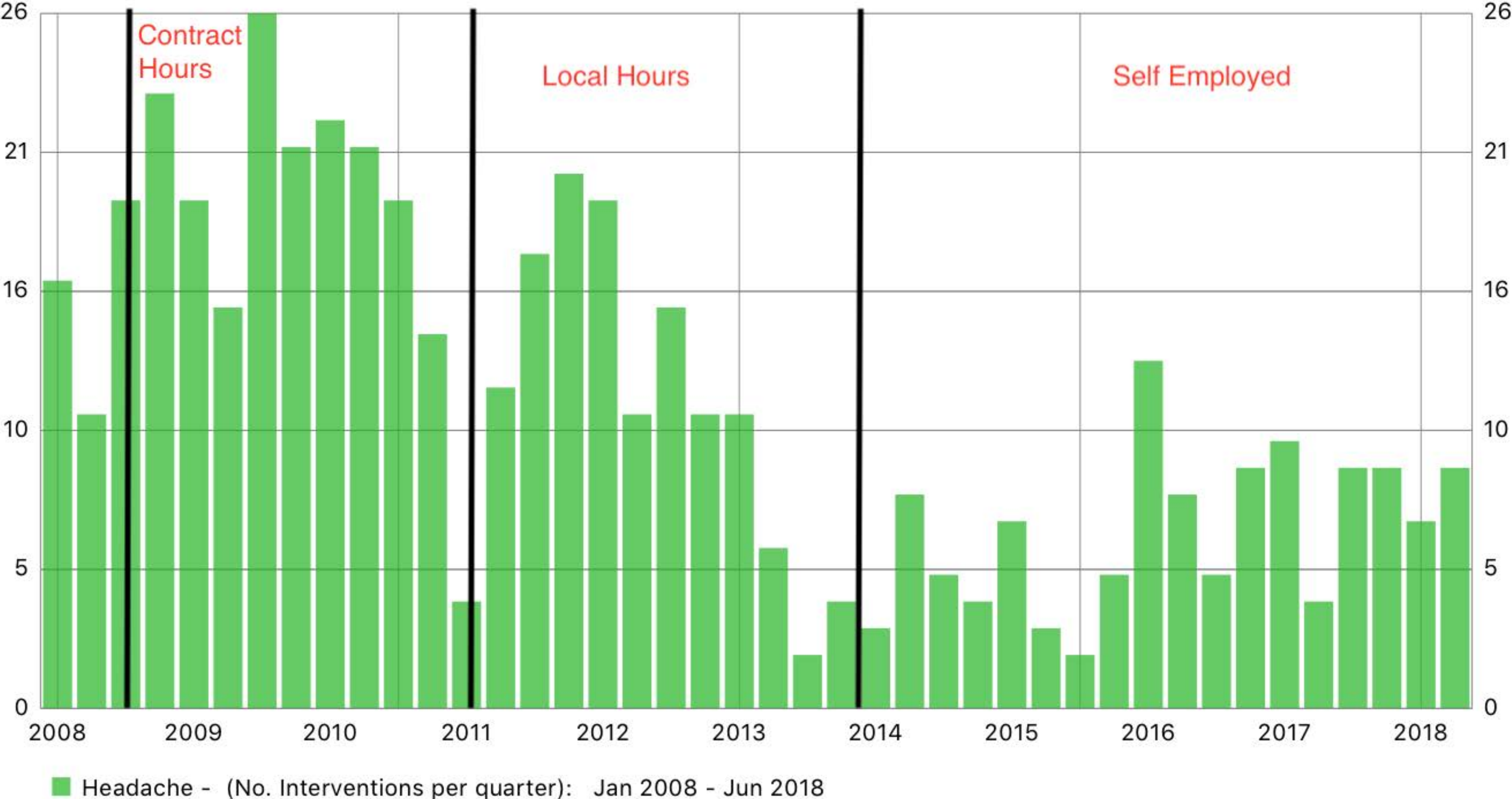
Interventions by **Weekday**

Contract Hours (19 months)

sample size : **80** (weeks)
doses per week : 1.5

Headache: Average Interventions breakdown by weekday : 27 Jul 2008 - 28 Feb 2011
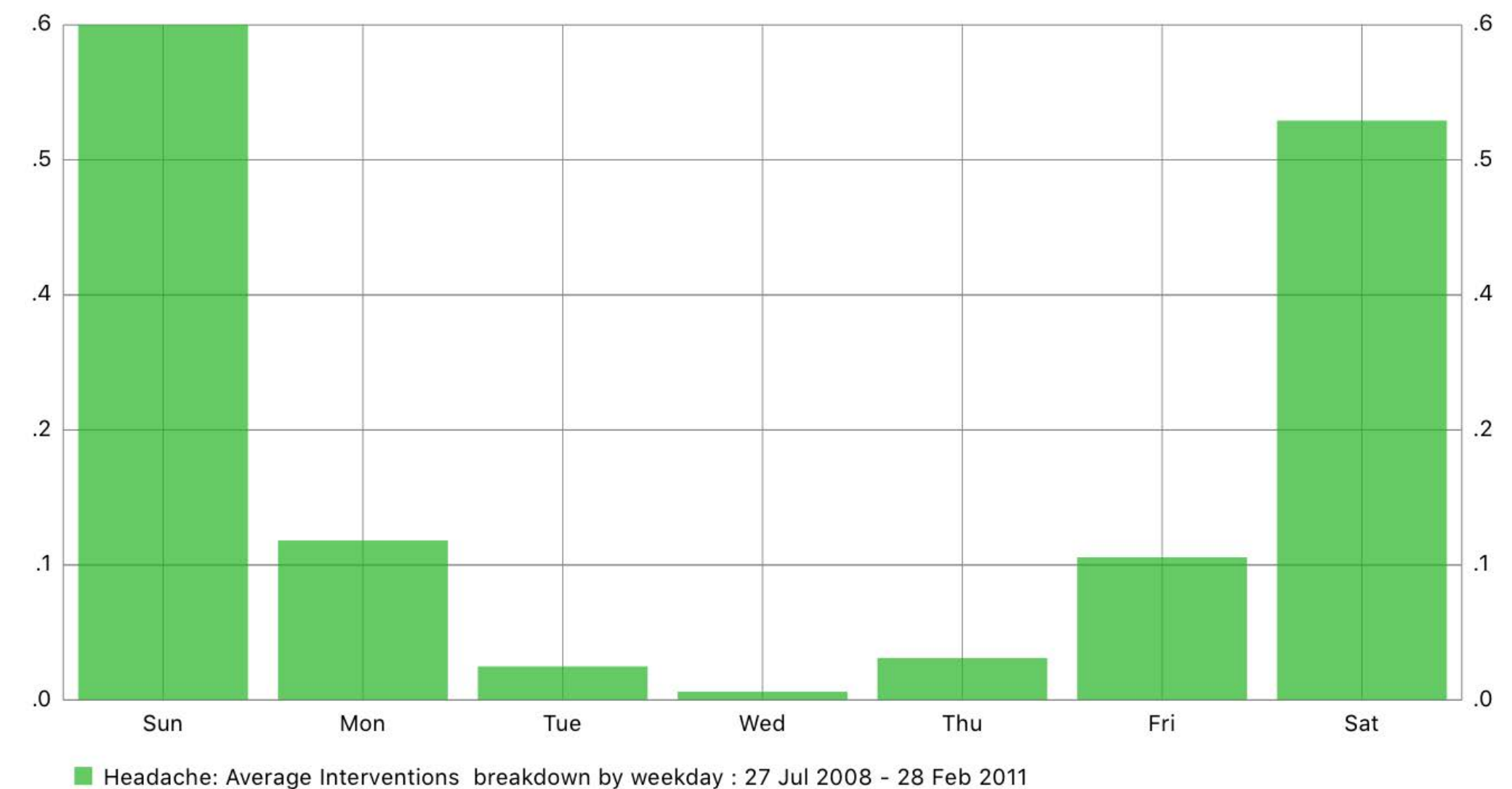
Self Employed (56 months)

sample size : **240** (weeks)
doses per week : 0.5

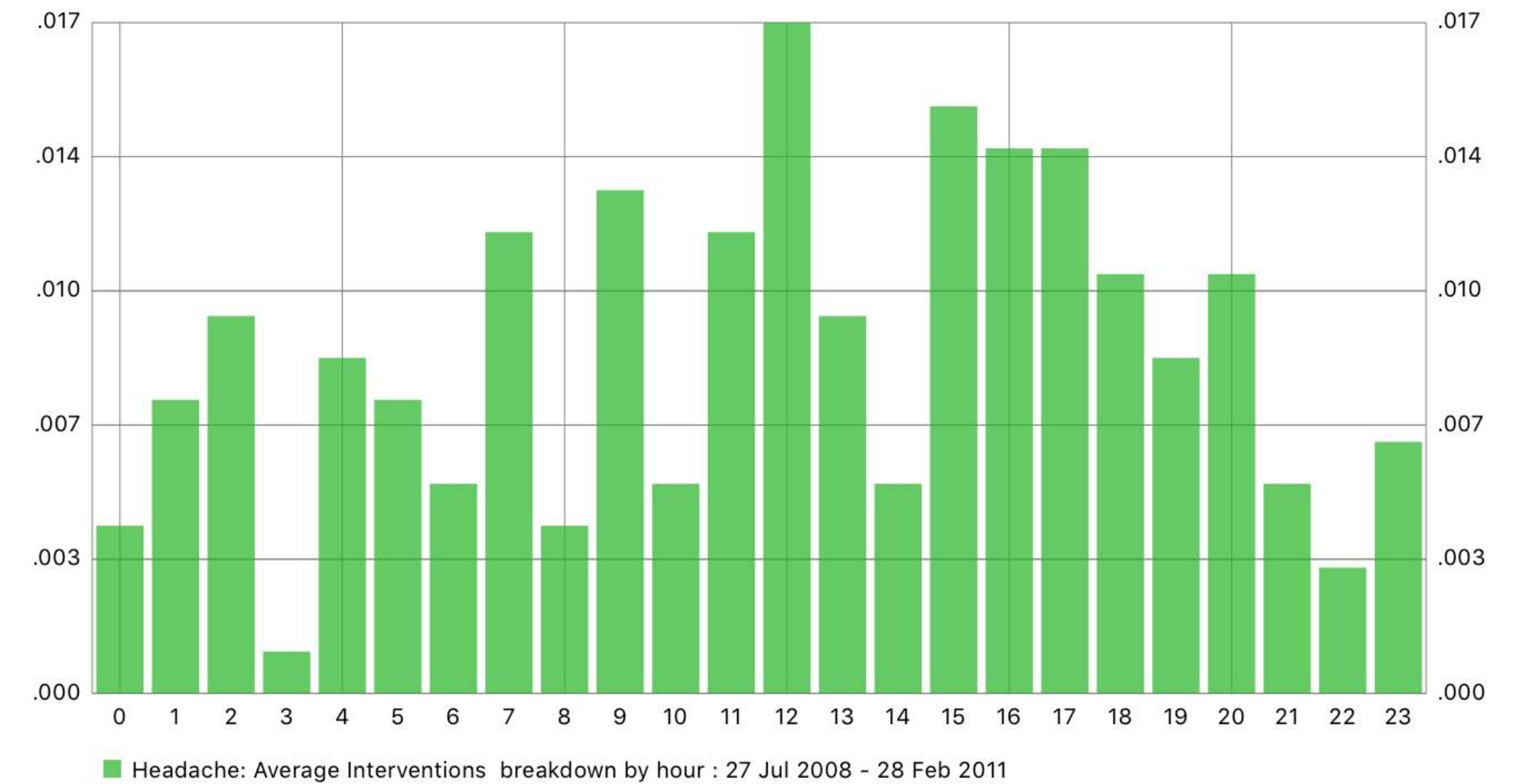Headache: Average Interventions breakdown by weekday : 01 Jan 2014 - 24 Aug 2018
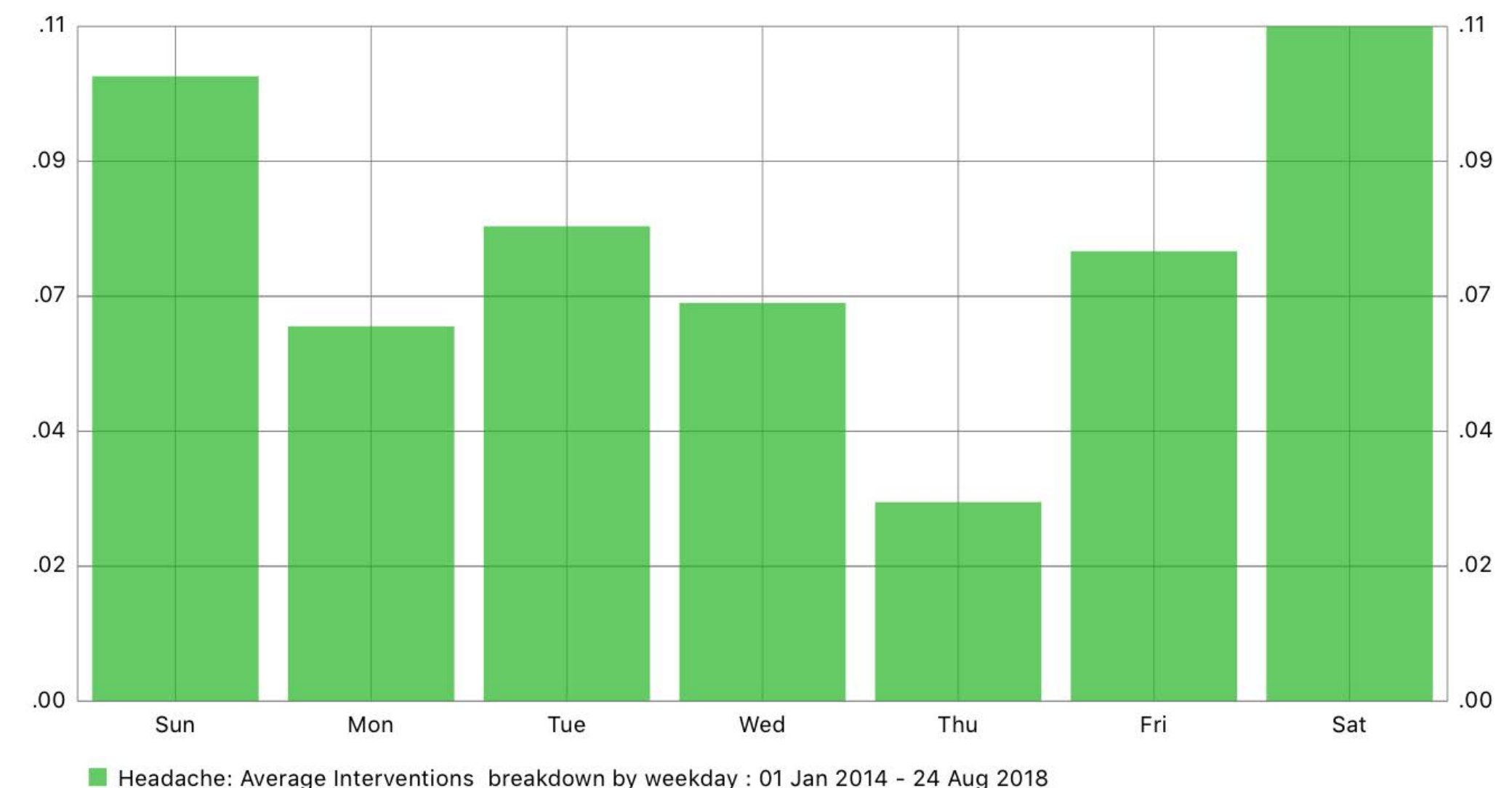
Interventions by **Time of Day**

Contract Hours (19 months)

sample size : **600** (days)
doses per day : 0.2

■ Headache: Average Interventions breakdown by hour : 27 Jul 2008 - 28 Feb 2011

Self Employed (56 months)

sample size : **1700** (days)
doses per day : 0.07

■ Headache: Average Interventions breakdown by hour : 01 Jan 2014 - 24 Aug 2018
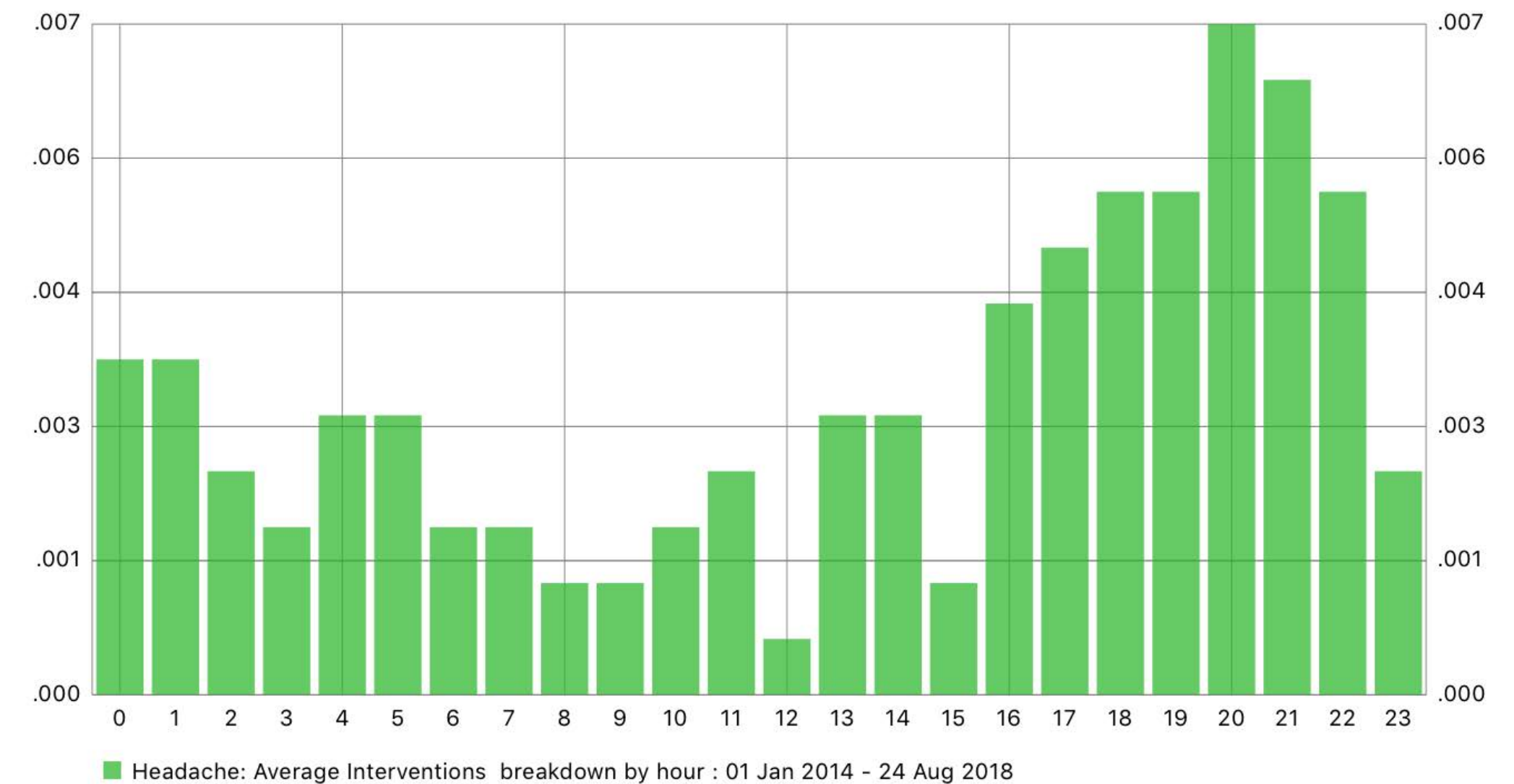
Correlation of **Medication Delay**

Severity	Sample size	**to Headache Duration**		**to Success**	
		Pearson correlation coefficient (r)	Significance (p)	Pearson correlation coefficient (r)	Significance (p)
10 - 60%	75	0.65	< 0.001	-0.31	< 0.01
65 - 100%	284	0.23	< 0.001	(-0.03)	-

Less severe : **Shorter delay** to medicate —> **Shorter Duration** & Greater Success

More severe : **Shorter delay** to medicate —> Shorter Duration

What I learned ..

- Until I can find a physical cause for my headaches I seem healthier when the edge is taken off the stresses accompanying modern life.

- Medicate as soon as the meds clearly become inevitable.

- The timestamp can turn a bi-variate series in to a huge multivariate one, however .. we're a little too good at pattern matching so need to watch out for confirmation bias.

- Tracking brings ideas into the open. Its harder to consider illness a personal failing while addressing it scientifically.

Further details :   https://lakes.ubtrack.co.uk/support

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