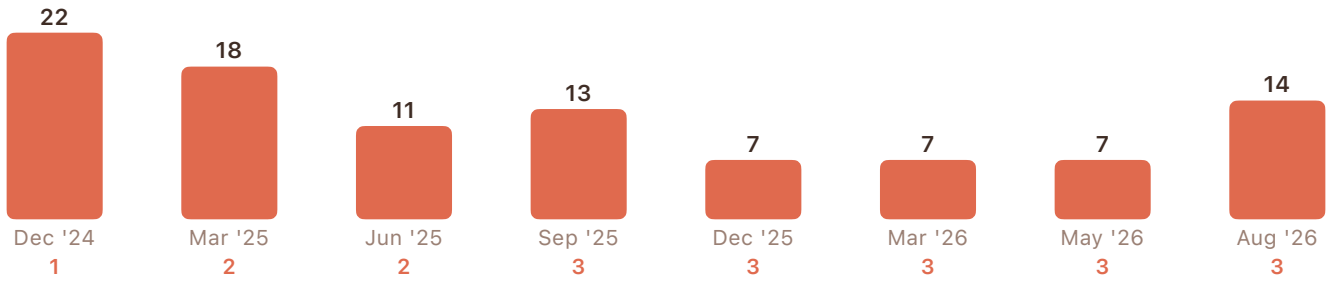
TrackDX — Physician Summary

Condition: Migraine · Generated Nov 26, 2026 · Data since Nov 27, 2022

LAST 90 DAYS VS. PREVIOUS 90 DAYS

	Episodes	Avg severity	Avg duration	Time in episode
Last 90 days	14	5.0	3.4 h	48 h
Previous 90 days	7	4.6	3.9 h	27 h
Change	**+100%**	**+9%**	**-11%**	**+78%**

EPISODES PER 90-DAY PERIOD



Preventatives during each period: 1 = Magnesium + Propranolol · 2 = Erenumab + Magnesium · 3 = Erenumab

PREVENTATIVE REGIMENS — % OF DAYS WITH AN EPISODE (ADJUSTED FOR TRIGGERS AND TIME)

Regimen	Days with an episode	Days on it
Erenumab	16%	461
Magnesium + Erenumab	**18%**	200
Magnesium + Propranolol	**25%**	460
Topiramate + Magnesium	**28%**	220
Topiramate	**26%**	120

PREVENTATIVE MEDICATIONS — EPISODE DAYS VS. USUAL RATE (ADJUSTED FOR TRIGGERS AND TIME)

Medication	Episode days vs. usual rate	Days on it
Erenumab	**24% fewer***	661
Magnesium	**11% more***	880
Propranolol	**15% more***	460
Topiramate	**25% more***	340

*Usual rate = % of days with an episode on any preventative. * Under 90 days on it, or not statistically clear. Ridge-penalized logistic regression across 1461 days, adjusting for 4 triggers and for changes in episode frequency over time.*

RELIEF MEDICATION EFFICACY (ALL DATA)

Medication	Average relief	Uses
Sumatriptan	**79%**	243
Ibuprofen	**41%**	104

Mean of the patient's 0–10 relief ratings.

TRIGGERS MOST ASSOCIATED WITH EPISODES

Trigger	Chance of an episode	Days it occurred
Alcohol	**2.2× more likely**	466
Stress	**1.6× more likely**	305
Sound	**13% more likely**	296
Bright lights	**about the same**	273

Chance of an episode on days the trigger occurred vs. days it didn't, adjusted for the other triggers and time (1461 days).

PREVENTATIVE MEDICATIONS – SEVERITY VS. USUAL EPISODE (ADJUSTED FOR TRIGGERS AND TIME)

Medication	Severity vs. usual episode	Episodes on it
Erenumab	**3% less severe* (−0.2)**	85
Propranolol	**2% less severe* (−0.1)**	133
Magnesium	**1% less severe* (−0.1)**	250
Topiramate	**4% more severe* (+0.2)**	129

*Usual episode = average severity on any preventative (6.1 on the 1–10 scale); points in brackets. * Under 10 episodes, or not statistically clear. Linear regression on 347 episodes, adjusted for triggers and time.*

TRIGGERS – SEVERITY OF AN EPISODE (ADJUSTED FOR PREVENTATIVES)

Trigger	Severity when present	Episodes
Alcohol	**20% more severe (+1.2)**	183
Stress	**19% more severe (+1.1)**	100
Bright lights	**about the same (0.0)**	62
Sound	**1% less severe (−0.1)**	79

% of the patient's average episode severity; points in brackets. Linear regression on 347 episodes, adjusted for preventatives and time.

WHEN EPISODES START

12am–5:59am: 6% · 6am–11:59am: 41% · 12pm–5:59pm: 34% · 6pm–11:59pm: 19%

Episodes without a start time are left out.

TrackDX
www.trackdx.net TrackDX is available on the Apple App Store and the Google Play Store.

TrackDX is a personal tracking tool, not a medical device. The insights are statistics based on what you log — they are not medical advice, a diagnosis, or a treatment recommendation. Always consult a qualified healthcare professional about your condition.