### TRIGGER TRACKER

**What are your migraine triggers, signs, and symptoms?**

Knowing your triggers and early warning signs can help you better manage your migraine attacks. Record your own experiences below so you can identify what brings on an upcoming migraine headache and how it feels just before and during a migraine attack. In the future, you may be able to prevent an attack by avoiding your triggers.

**COMMON TRIGGERS MAY INCLUDE:**
- Sounds
- Smells
- Stress
- Certain foods (e.g., red wine, chocolate, MSG)
- Physical exertion
- Bright lights or sun glare
- Weather changes
- Changes in sleep habits
- Hormonal changes in women

**EARLY SIGNS OF MIGRAINE MAY INCLUDE:**
- Mood changes
- Neck stiffness
- Increase in energy
- Food cravings/hunger

**MIGRAINE SYMPTOMS MAY INCLUDE:**
- Visual disturbances (aura)
- Head throbbing
- Nausea
- Sensitivity to light
- Sensitivity to sound
- Sensitivity to touch (allodynia)

**ADDITIONAL TRIGGERS YOU MAY HAVE NOTICED:**

**ADDITIONAL EARLY SIGNS YOU MAY HAVE NOTICED:**

**ADDITIONAL SYMPTOMS YOU MAY HAVE NOTICED:**

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**INDICATION**

CAMBIA is a prescription medicine used to treat migraine attacks in adults. It does not prevent or lessen the number of migraines you have, and it is not for other types of headaches. CAMBIA contains diclofenac potassium (a non-steroidal anti-inflammatory drug or NSAID).

Please see Important Safety Information on the following page.

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Single 50-mg dose; mix single packet contents with 1 to 2 ounces (30 to 60 mL) of water prior to administration. Do not use liquids other than water.