A Q&A with N1-Headache users

Content Guide:

N1-Headache

1. Daily Factor logging

a. Why can I only enter data for the 2 days and not further back in time?
i. This rule helps ensure data accuracy. It is human nature to forget the exact details of our lives after more than two days. This is an important restriction since retrospective recall really compromises data quality.

b. How can I hide questions for factors I always say "No" to; or which are not relevant to me?
i. N1Headache groups factors in Modules to make it easier to enable/disable them in your diary. This feature is available for Premium users only.
ii. The modules can be used to customize the daily tracking list by disabling factors. If a factor is disabled, it will not be analyzed.
iii. For example, if you never eat Nuts or Artificial sweeteners, you can disable these factors.
iv. If you disable a factor and then decide to bring it back, you can reenable it.
v. To enable/disable factors in your daily diary, select the module you wish to customize.
   1. There are 11 modules (Emotions, Sleep, Warning Signs, Environmental, Lifestyle habits, Dietary, Nicotine, Recreational Drugs, Travel, Genderspecific factors, Weather).
   2. Go to the Profile section of the app menu, which allows you to change your account settings, and click on Optional Modules and the category you want to change.

c. How can I track more factors, like specific foods, which are not in the daily tracking?
i. You can add, edit, enable or disable customizable factors in the first three days following onboarding and then again every 90 days.
ii. This is an open field so you can add what you wish. However, custom factors can only be answered Yes/No.

d. Which weather factors are analysed?
i. Humidity, barometric pressure, wind speed and temperature.
ii. All of these are reported as "minimum, maximum, mean & range" as observed up to the time of data entry.

e. Why, in some locations, is the pressure information not included in my weather data?
i. The information originates from the weather service, closest to you, that is providing the feed. Not all services provide all of these data points.

f. When I track data for yesterday, which weather data are used?
i. Weather data is collected every day and reported on the day it is collected. So, if you are tracking data for yesterday, yesterday's weather will be part of the analysis.

g. How can I find more information about a factor I am tracking?
i. Throughout the app, there are explanatory notes on the upper right corner where the i symbol is shown.

2. Migraine & Other Headaches

a. How does N1Headache differentiate between headaches and migraines?

i. Our algorithm uses the information you enter in the headache diary to determine if your headache is a migraine or not, based on criteria defined by the International Classification of Headache Disorders (ICHD-3) Guidelines. The App follows ICHD-3 guidelines to ensure consistent, accurate and objective identification of your headache type.

b. Can I track multiple headaches/migraines occurring at the same time?

i. No, the app tracks one headache on a given day. N1-Headache asks you to enter the symptoms of your worst headache for analysis.

c. Can I track tension headache?

i. The app captures migraine and "other" headaches. These "other" headaches may be tension headaches but they will only be identified as "other" headaches which do not meet the criteria for migraine.

d. Can I track cluster headaches?

i. No. The app captures migraine and "other" headaches. Cluster headaches may occur many times on a given day, and the app is able to track only one headache each day.

e. Can I track more symptoms related to my migraine, like vertigo symptoms?

i. You may add additional (custom) tracking factors during the first three days and then, after 90 days.

f. Does the App work for menstrual migraine?

i. The App is for people with a history of migraine (including menstrual migraine) if you experience two or more attacks per month.

ii. Menstruation is analyzed as a factor in correlation with migraine. If you stated at registration that you have menstruation cycles, your menstruation calendar will show your headache and migraine days. To access this calendar: 1) Select the main app menu, 2) Click on the "Digital Report" section, 3) Select the "Menstruation" tab.

3. Medication & Medication Overuse

a. Can I track how many medications I have taken for a specific migraine?

i. You can set-up a list of medications taken for your headaches (including acute and preventative medications) and medications you take for other conditions.

ii. To edit your Medication list, 1) Select the main app menu, 2) Click on the Medication section, 3) Enter acute medications that you take only when you have a headache, "As needed", and preventative medication taken daily or at other fixed schedule, as indicated.

iii. "Other medication," you can introduce medications to treat any condition other than headache, such as blood pressure medication, antidepressants, contraceptive medication or hormonal therapy.

b. How can I separate prophylactic and rescue medication?

 i. In the app, all medications that you take to treat your migraine are listed together. You can differentiate your acute or rescue medications from your preventative medications based on the dosing frequency of the medication.

 ii. For migraine medication used for acute treatment or rescue from attacks, frequency is recorded "as needed".

 iii. The dosing frequency of medications used for migraine prevention is recorded "daily" or "other fixed schedule" (i.e., daily, monthly, etc.).

c. How can I enter medication which are not taken daily (*e.g.* botulinum toxin every 3 months)?

 i. Medication frequency can be set at any interval between 1 and 90 days.

 ii. When you enter the medication, choose frequency "other fixed schedule". Then you will be asked how often you should take it and select "every 90 days".

d. Can I see how many times I took certain medicine in a time frame?

 i. This information is available in your Personal Analytical Report, which lists the medications you have taken each month.

e. What is medication overuse risk and how can I access this warning?

 i. Medication overuse is defined, according to the 3rd edition of the International Classification of Headache Disorders (ICHD-3), as Analgesic or NSAID use ≥ 15 days a month each OR Analgesic combinations or ergots or triptans or opioids ≥ 10 days a month each OR Any combination ≥ 10 days per month. In some individuals, overuse of these medications can lead to headaches that are more frequent or severe.

 ii. This feature is only available if you registered for N1-Headache with a N1-Headache code received from a clinician. In this event, your healthcare provider can track your self-reported medication use, receive alerts and monitor your risk of overuse in a monthly summary email.

 iii. N1-Headache determines your current risk of medication overuse based on ICHD-3 criteria after 90 days of tracking your self-reported data on medications taken for acute headache over the previous three months. Analysis of your data determines when you are at "Low risk", at "Risk of medication overuse" or at "Medication overuse".

 iv. The app will alert you if you are at "Risk of medication overuse" or at "Medication overuse", and directs you to seek medical advice. In addition, your healthcare provider will also receive notification of your risk level along with information about your intake of acute migraine medications.

f. Why can I not see which medication I am overusing?

 i. N1-Headache is not a diagnostic application, therefore identification of a specific medication that is possibly being overused can best be determined by your physician, who can work with you to recommend next steps.

 ii. N1-Headache cannot make specific recommendations regarding treatment of your medical condition. It is important that you work with your healthcare provider to determine if there is a medical need to adjust your therapy.

4. MAPS

a. How and how often are the MAPS calculated?

    i. N1-Headache conducts an analysis of all of your data to determine the association of each of the personal factors you have entered with the risk of migraine attack occurrence.

    ii. On average about 90 days of data are required to perform this analysis which determines the factors that lead to healthy days *vs.* migraine days.

b. What if I am not experiencing migraines frequently and the App couldn't find a specific trigger for me?

    i. The App is optimized for people with a history of migraine who experience two or more attacks per month.

c. What are No Association Factors and how are they identified?

    i. N1-Headache correlates factors associated with the risk of a migraine attack. The No Association Factors are not associated with either an increase or a decrease in the risk of a migraine attack. Rather, they have no association at all.

    ii. Sometimes, these factors were wrongly suspected of being triggers, so you may wish to consider reintroducing them slowly into your life on a regular basis and continuing to track them.

d. What happens if I avoid factors?

    i. If you avoid certain factors, there may not be enough data to identify an association with these factors. If there is complete avoidance of a factor, it may fall into the category of "insufficient data" due to lack of exposure to that factor.

e. Why do my previous triggers/protectors appear on the No Association Map?

    i. As you capture more daily information, your calculated associations can change and become more precise. Alternatively it may be that your sensitivity to some factors has changed over time, and it is this that is reflected in your maps.

f. I enter factors everyday but some are neither associated nor triggers/protectors for my migraine. Why is this?

    i. If a factor is not entered a sufficient number of days, or remains constant from day to day, we can't determine if it's associated with your attacks. You should find these factors in the "Insufficient Data" list.

g. Why do I have many factors marked as "not enough data" - although I enter factors every day?

    i. There are several possibilities for "Insufficient data factors" which may be related to your data variability or level of exposure:

        1. Our analysis is based on how day to day variations of factors affect your migraine attacks. You may be entering the same answer and no variation everyday. For example, if you drink the same number of coffees every single day, N1-Headache will not be able to determine whether it is associated with your migraine attacks

        2. On the other hand, if you drink coffee very rarely, you may not have enough exposures for our analysis to statistically determine whether coffee is associated with your attacks.