

## S-U-L-T-A-N-S

The mnemonic S-U-L-T-A-N-S can help with migraine diagnosis

### 1st Criteria

- Severe
- UniLateral
- Throbbing
- Activity Worsens Headache  
(need at least two from this list)

### 2nd Criteria

- Nausea
  - Sensitivity to light/sound
- (need one from this list)

*Developed by Morris Maizels, MD, Kaiser Permanente*

## S-N-O-O-P-S

### Headache Red Flags

- Systemic Symptoms (fever, weight loss)
- Neurologic Symptoms or abnormal signs  
(confusion, impaired alertness or consciousness)
- Onset: sudden, abrupt or split second
- Older: new onset or progressive headache,  
especially in patients >50 (giant cell arteritis)
- Previous headache history: first headache or  
new or different headache (change in attack  
frequency, severity or clinical features)
- Secondary Risk Factors (HIV, systemic cancer)

*Developed by David Dodick, MD, Mayo Clinic Scottsdale*

## DEPRESSION

### Two-question Screening for Depression

- During the past month, have you often been bothered by little interest or pleasure in doing things?
- During the past month, have you often been bothered by feeling down, depressed or hopeless?

### S-A-L-S-A

#### 4 vegetative signs of depression

- Sleep disturbance
- Anhedonia
- Low Self-Esteem
- Appetite change