

MIGRAINE CLAIM IN ONE PAGE

MIGRAINE AND HEADACHE CLAIMS

ATTACK RECORD

A strong migraine file connects the condition to service and documents the actual attack pattern under DC 8100.

01 Four parts of the claim

01 CURRENT DISABILITY

Document the diagnosed migraine or headache condition and current treatment.

02 SERVICE-CONNECTION PATH

Show direct onset, a supported secondary relationship, or aggravation by a service-connected disability.

03 ATTACK EVIDENCE

Record frequency, duration, symptoms, whether attacks are prostrating, and what activity stops.

04 ECONOMIC IMPACT

For the 50 percent level, document work disruption and severe economic inadaptability.

02 Common service-connection routes

DIRECT

Use in-service complaints, onset, head injury, deployment history, continuity evidence, and a medical relationship.

SECONDARY CAUSATION

A service-connected condition or treatment caused the migraine disability.

SECONDARY AGGRAVATION

A service-connected condition worsened migraine beyond its prior level.

TBI OR CERVICAL

Separate overlapping symptoms and explain the medical mechanism and chronology.

03 Build one connected evidence record

1 HEADACHE LOG

Track dates, duration, severity, symptoms, medication, recovery, and activity stopped.

2 TREATMENT RECORD

Include diagnosis, medication trials, emergency care, neurology notes, and response.

3 LAY EVIDENCE

First-hand observers can describe dark-room rest, missed events, vomiting, and recovery time.

4 WORK EVIDENCE

Use absences, reduced productivity, leave, accommodations, and employer observations.

5 MEDICAL OPINION

Address the exact direct, causal, or aggravation theory and relevant competing factors.

THE RECORD SHOULD EXPLAIN

Why these facts support this veteran's claim

- What evidence was reviewed
- When the condition and limitations began
- Which legal or medical pathway applies
- How competing explanations were addressed

Frequency alone does not establish the rating. The evidence should show whether attacks are prostrating and, at 50 percent, whether they produce or are capable of producing severe economic inadaptability.

04 DC 8100 rating ladder

50%

Very frequent, completely prostrating and prolonged attacks productive of severe economic inadaptability.

30%

Characteristic prostrating attacks occurring on average once a month over the last several months.

10%

Characteristic prostrating attacks averaging one in two months over the last several months.

0%

Less frequent attacks.

05 Before you file

✓ Current diagnosis documented

✓ Headache log completed

✓ Frequency and duration calculated

✓ Medication history included

✓ Service-connection path identified

✓ Prostrating attacks described

✓ Work and daily effects supported

✓ C&P statements reviewed for accuracy

