

# **MIGRAINE PATIENT TOOLKIT**

Your Guide to Understanding & Managing Migraines



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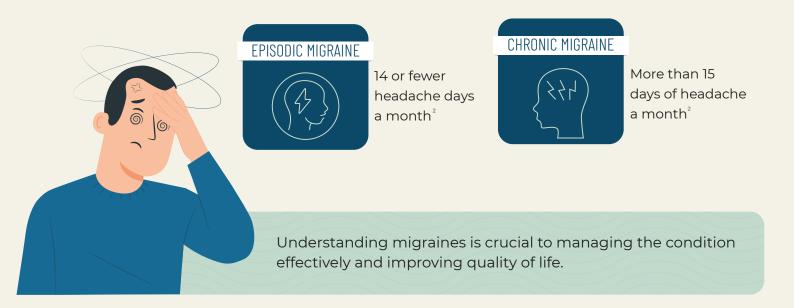


## What is a Migraine?

Migraine is a severe, pulsating pain, usually on one side of the head, often accompanied by other symptoms such as nausea, vomiting, and sensitivity to light and sound<sup>1</sup>

Not merely a 'bad headache' but a complex condition with attacks that can last from 4 to 72 hours<sup>2</sup>.

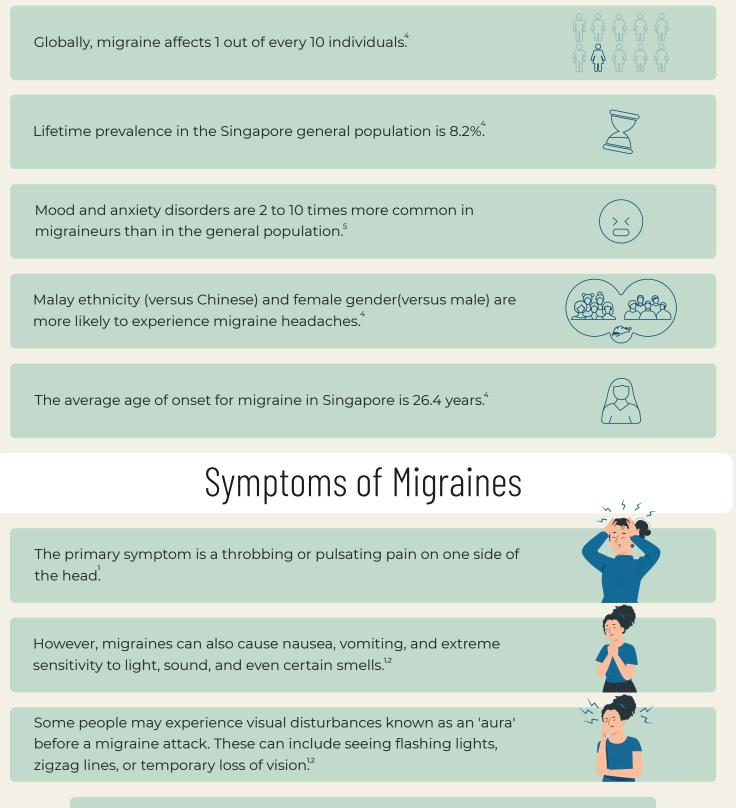
The condition can be so severe that some patients require hospitalisation to relieve their pain.<sup>3</sup>



- 1. Ferrari MD, Goadsby PJ, Burstein R, Kurth T, Ayata C, Charles A, Ashina M, van den Maagdenberg AMJM, Dodick DW. Migraine. Nat Rev Dis Primers. 2022 Jan 13;8(1):2
- 2. Aguilar-Shea AL, Membrilla Md JA, Diaz-de-Teran J. Migraine review for general practice. Aten Primaria. 2022;54(2):102208. doi:10.1016/j.aprim.2021.102208
- **3.** Burch R. Migraine and Tension-Type Headache: Diagnosis and Treatment. Med Clin N Am. 2019;103(2):215-233. doi:10.1016/j.mcna.2018.10.003



## Impact of Migraines



Recognising these symptoms is the first step towards managing migraines effectively.

- 4. Jeyagurunathan, Anitha, et al. Prevalence and Comorbidity of Migraine Headache: Results from the Singapore Mental Health Study 2016. Social Psychiatry and Psychiatric Epidemiology, 2020, 55(1): 33-43. doi:10.1007/s00127-019-01755-1.
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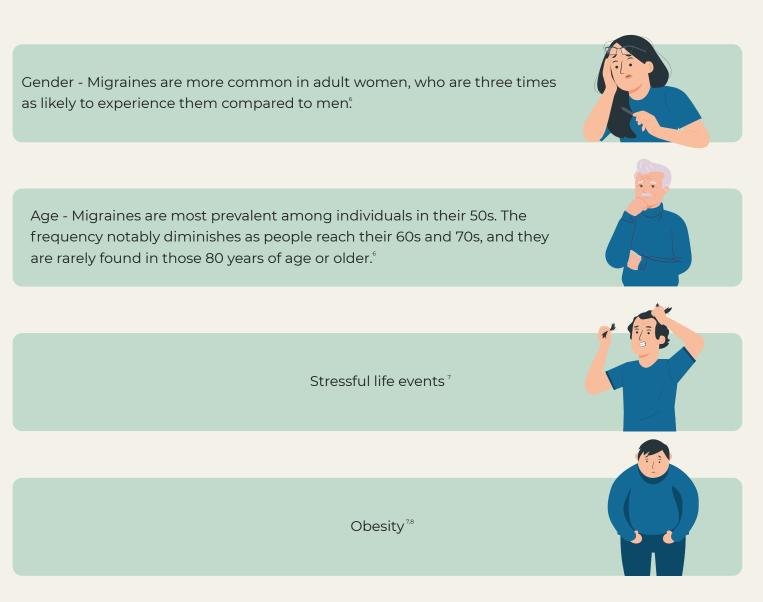


## **Risk-factors**

Genetics - If a person has one parent who suffers from migraines, there's a 40% chance they will experience them too. This likelihood increases to 75% if both parents have migraines.<sup>6</sup>

- 6. MacGregor, E Anne. "Migraine." Annals of internal medicine vol. 166,7 (2017): ITC49-ITC64. doi:10.7326/AITC201704040
- 7. Eigenbrodt AK, Ashina H, Khan S, et al. Diagnosis and management of migraine in ten steps. Nat Rev Neurol. 2021;17(8):501-514. doi:10.1038/s41582-021-00509-5
- **8.** Bigal, Marcelo E et al. "Obesity and migraine: a population study." Neurology vol. 66,4 (2006): 545-50. doi:10.1212/01.wnl. 0000197218.05284.82



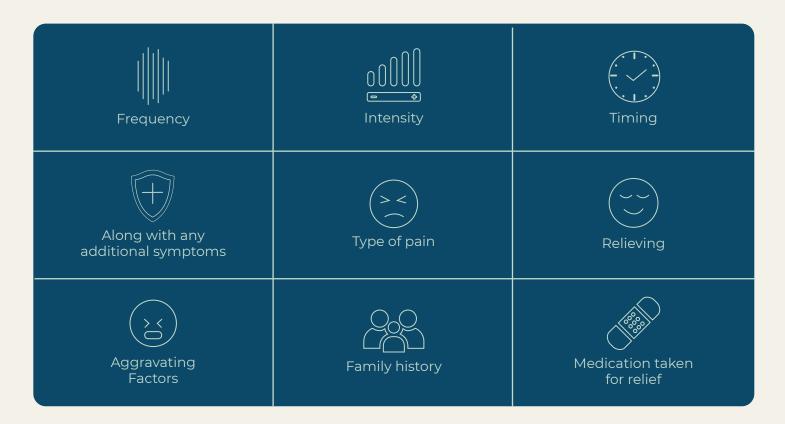




## Diagnosis & Treatment

Diagnosing migraines involves a thorough evaluation of symptoms and medical history.<sup>7</sup>

Healthcare professionals assess the frequency, intensity, timing, and type of pain, along with any additional symptoms, relieving and aggravating factors, family history, and medications taken for relief.<sup>17</sup>



Imaging studies like MRI or CT scans may be used to exclude other potential causes of headaches.<sup>7</sup>

Once diagnosed, a tailored treatment plan is developed. Migraine treatment can be categorised into preventive and relief medications.<sup>1,2,7</sup>

Preventive medications, taken daily, reduce the frequency and severity of attacks. They include CGRP inhibitors, beta-blockers, and antidepressants.<sup>12,3</sup>

Relief medications, used to stop or reduce the intensity of an ongoing attack, include CGRP inhibitors, NSAIDs and triptans.<sup>1,2,7</sup>





## Living with Migraines

Managing migraines effectively requires a comprehensive approach that encompasses various aspects of daily life. Backed by credible doctors and healthcare professionals, the SMART strategy<sup>9</sup> offers a holistic way to manage migraines:

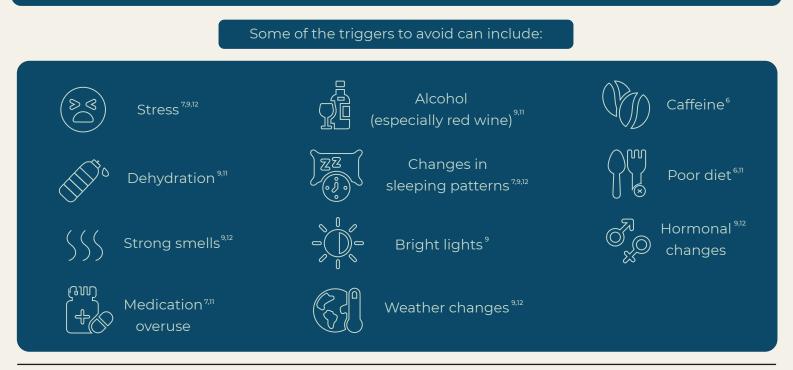
S (Sleep): Maintaining a consistent sleep schedule and ensuring 7-9 hours of good quality sleep each night can significantly impact migraine management. Relaxation therapies, meditation and yoga can help<sup>°</sup>

M (Meals): Eating meals punctually and not skipping meals is vital. Proper nutrition and staying hydrated can prevent triggers that lead to migraines. Avoid triggers like alcohol, dairy products, caffeine<sup>7,9,10</sup>

A (Activity): Staying active is essential for overall health and well-being. A recommended 150 minutes of moderate-intensity physical activity per week can enhance circulation and reduce stress, both of which are beneficial in managing migraines.<sup>9,11</sup>

**R (Relaxation):** Mindfulness practices and relaxation techniques can help in stress reduction, a common trigger for migraines. Activities like meditation, deep breathing, or engaging in hobbies can promote relaxation and contribute to migraine prevention.<sup>9,10</sup>

T (Triggers): Triggers can vary widely among individuals, and not everyone will experience all of them. Keeping a migraine diary (See page 8 for a template) to track these triggers and working with healthcare providers to understand and avoid them can make a significant difference in migraine management<sup>9,10</sup>



- 9. "Effective Management of Migraine in Primary Care." Singhealth.com.sg, 2023, www.singhealth.com.sg/news/defining-med/Migraine-Primary-Care. Accessed 20 Aug. 2023
- 10. Gazerani P. Migraine and Diet. Nutrients. 2020;12(6):1658. Published 2020 Jun 3. doi:10.3390/nu12061658
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### Remember, you are not alone, and seeking help is always an option

**Workplace:** Clear communication with colleagues and supervisors about your condition can help manage work-related stress and responsibilities.<sup>13</sup>

**Family:** Open dialogue with family members about migraines can reduce stress and anxiety, fostering understanding and support.<sup>14,15</sup>

**Professional Help:** Consultation with healthcare providers for personalised treatment options is essential.

- 13. Shimizu T, Sakai F, Miyake H, et al. Disability, quality of life, productivity impairment and employer costs of migraine in the workplace. J Headache Pain. 2021;22(1):29
- 14. Seng, Elizabeth K et al. "When Mom Has Migraine: An Observational Study of the Impact of Parental Migraine on Adolescent Children." Headache. 2019; 59(2): 224-234. doi:10.1111/head.13433
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## Migraine Diary

Keep track of essential details related to your migraines by filling in the following table everyday:

### Week 1

Symptoms	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
How I feel 1 = Bad, 2= OK, 3 = Great							
Headache							
Migraine							
Intensity of migraine 1 = Mild, 2 = Moderate, 3 = Severe							
Body							
Period							
Stress							
Slept badly							
Others							
Exercise							
Exercised							
Meditation / Yoga							
Others							
Medication							
Did it help? 1 = Not at all, 2 = Partly, 3 = Completely							



Keep track of essential details related to your migraines by filling in the following table everyday:

### Week 2

Symptoms	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
How I feel 1 = Bad, 2= OK, 3 = Great							
Headache							
Migraine							
Intensity of migraine 1 = Mild, 2 = Moderate, 3 = Severe							
Body							
Period							
Stress							
Slept badly							
Others							
Exercise							
Exercised							
Meditation / Yoga							
Others							
Medication							
Did it help? 1 = Not at all, 2 = Partly, 3 = Completely							



Keep track of essential details related to your migraines by filling in the following table everyday:

### Week 3

Symptoms	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
How I feel 1 = Bad, 2= OK, 3 = Great							
Headache							
Migraine							
Intensity of migraine 1 = Mild, 2 = Moderate, 3 = Severe							
Body							
Period							
Stress							
Slept badly							
Others							
Exercise							
Exercised							
Meditation / Yoga							
Others							
Medication							
Did it help? 1 = Not at all, 2 = Partly, 3 = Completely							



Keep track of essential details related to your migraines by filling in the following table everyday:

### Week 4

Symptoms	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
How I feel 1 = Bad, 2= OK, 3 = Great							
Headache							
Migraine							
Intensity of migraine 1 = Mild, 2 = Moderate, 3 = Severe							
Body							
Period							
Stress							
Slept badly							
Others							
Exercise							
Exercised							
Meditation / Yoga							
Others							
Medication							
Did it help? 1 = Not at all, 2 = Partly, 3 = Completely							

Feel free to print additional copies of this table or use it as a guide to create a digital version. Regularly reviewing and sharing this diary with your healthcare provider can be instrumental in your migraine management journey.



## Medical Glossary



Age of onset: The age at which a person first experiences a particular condition or symptom.<sup>™</sup>

Anxiety disorders: Mental health disorders characterised by significant feelings of anxiety and fear, which may trigger migraines in some individuals.<sup>5,17</sup>

Aura: A warning sign of an impending migraine, often involving visual disturbances or other sensory changes.<sup>2,7</sup>

CGRP Inhibitors: Medications that target a specific protein involved in migraine attacks."



Computed Tomography (CT) Scan: An imaging technique used to visualise the brain and rule out other causes of headaches.<sup>19</sup>

Lifetime prevalence: Proportion of participants who had ever received a diagnosis of a chronic condition by a clinician up to their age at interview (assessment).<sup>4</sup>

Magnetic Resonance Imaging (MRI): A medical imaging technique used to visualise detailed internal structures of the body, including the brain.<sup>7</sup>



Migraine trigger: Specific factors or conditions that may initiate a migraine attack.

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs): Over-the-counter medications used to reduce inflammation and pain.<sup>20</sup>

Pulsating pain: A throbbing or rhythmic pain, often associated with migraines.<sup>26</sup>



Sensitivity: Heightened response to stimuli, such as light or sound, often experienced during a migraine.<sup>12</sup>

Triptans: A class of medications used to treat migraines by targeting specific neurotransmitters.<sup>1</sup>

## Non-Medical Glossary



Dehydration: Lack of sufficient water in the body, a common migraine trigger.<sup>21</sup>

Diet: The kinds and amounts of food one habitually eats; certain foods may trigger migraines.<sup>22</sup>

Migraine Diary: A record of when migraines occur, including potential triggers and symptoms, to help identify patterns.<sup>7</sup>



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- 6. MacGregor, E Anne. "Migraine." Annals of internal medicine vol. 166,7 (2017): ITC49-ITC64. doi:10.7326/AITC201704040
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- Bigal, Marcelo E et al. "Obesity and migraine: a population study." Neurology vol. 66,4 (2006): 545-50. doi:10.1212/01.wnl. 0000197218.05284.82
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The information contained herein is solely meant as a guide and is not a substitute for medical advice or diagnosis from a healthcare professional. Kindly consult your healthcare professional for further information.

