

# UNDERSTANDING ACUTE AND PREVENTIVE MIGRAINE TREATMENTS

## WHAT IS MIGRAINE?

Migraine is a type of headache characterized by recurrent attacks of moderate to severe throbbing and pulsating pain on one side of the head.<sup>1</sup>

## MIGRAINE TREATMENT INVOLVES<sup>1</sup>

### Acute treatment



Acute or "abortive" medications are taken as soon as symptoms occur to relieve pain and restore function.<sup>1</sup>

### Preventive treatment



Preventive treatment is taken daily to reduce the severity of future attacks or keep them from happening.<sup>1</sup>

## What lifestyle hacks can help with your migraine?

There are some lifestyle changes you can make to reduce or prevent migraine attacks, including:<sup>1,2</sup>



### Stress Management

- ✓ **Exercise**
- ✓ **Relaxation techniques**
- ✓ **Biofeedback**  
(use of electronic devices to teach you how to control certain body functions)



### Migraine Triggers Log

- ✓ This is to help you learn what you need to **avoid**, such as certain foods and medicines.
- ✓ It also helps you establish **consistent** sleep schedules and eating regular meals.
- ✓ Maintain adequate **hydration**.



### Hormone Therapy

- ✓ It may help some women whose migraine seems to be **linked to their menstrual cycle**.



### Manage Obesity

- ✓ **Losing weight** may be helpful with migraine.

Take **charge** of your migraine journey by **exploring treatment options** with your healthcare provider. Understanding these choices is the next key step to managing your condition.

# Can migraine episodes be treated?



Migraine attacks can be **successfully treated with acute medications**.<sup>3</sup>

## WHAT ARE THE TYPES OF ACUTE MIGRAINE MEDICATIONS?

Acute medications fall into general classes of medicines, including analgesics, ergotamines, and triptans. Some of these are available without a prescription while others need one.<sup>3</sup>

### Analgesics<sup>3</sup>

- ✓ **Nonspecific** pain medications.
- ✓ May be prescribed **alone** or in **combination** with other treatments.
- ✓ Regular or daily use of these medications can **worsen your headache**.
- ✓ Examples include **aspirin, naproxen sodium, ibuprofen, and acetaminophen**.

### Ergotamine<sup>3</sup>

- ✓ Available in **several formulations**, like oral, rectal, and intranasal.
- ✓ May work on **multiple** migraine pathways.
- ✓ May be given in **combination** with other medications.

### Triptans<sup>3</sup>

- ✓ Available in several **types and formulations**.
- ✓ **More specific** migraine treatment.
- ✓ Patients report **better outcomes** when taken **early** in the course of the attack.
- ✓ Examples include **almotriptan, eletriptan, and frovatriptan**, among others.

### Gepants<sup>4,5</sup>

- ✓ They target CGRP, which is involved in **migraine pain**.
- ✓ Gepants are available in **oral pills** or **dissolvable tablets**.
- ✓ They have relatively **lower side effects** compared to many other treatments.
- ✓ Examples include **rimegepant** and **atogepant**.



Remember, **overusing** acute migraine medications can **cause headache**. If you find that you need more acute medication than **nine days per month**, then you need to talk to your doctor!<sup>3</sup>

# Can migraine be prevented?

Migraine **cannot be cured**. However, preventive approaches can **reduce the frequency, severity, and duration** of migraine attacks. They can also **help your acute treatments work more effectively**.<sup>4</sup>



## WHAT ARE THE TYPES OF PREVENTIVE MIGRAINE TREATMENTS?

There are several types of preventive migraine treatments. Some of these treatments also have other uses, like treating high blood pressure, seizures and anxiety/depression.<sup>4</sup>

### Anti-CGRP monoclonal antibodies<sup>4</sup>

- ✓ They target **Calcitonin Gene-Related Peptide (CGRP)**, which is involved in **migraine pain**.
- ✓ They are available as **injections**.
- ✓ They have relatively **lower side effects** compared to many other treatments.
- ✓ Examples include **erenumab** and **fremanezumab**.

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### Nutritional supplements, vitamins and minerals<sup>4</sup>

- ✓ The supplement group is usually **well tolerated** by most people.
- ✓ The **effectiveness may not match** prescription treatments.
- ✓ Examples include **magnesium oxide**, **vitamin B2**, and **feverfew**.

### Neuromodulation devices<sup>4</sup>

- ✓ Neuromodulation devices use **electrical currents** or **magnets** to **adjust or change** activity that occurs in the brain.
- ✓ Some devices are approved for both **acute and preventive treatment**.

### Other options<sup>4</sup>

- ✓ Blood pressure medications called beta blockers (like **atenolol**), an **old migraine-preventive** approach.
- ✓ Anti-seizure medications (like **topiramate** and **divalproex sodium**). They are **equally effective** to the previous class.
- ✓ Medications used to **treat depression** (like **amitriptyline**). Some of medications in this class cause **weight gain**.
- ✓ **Neurotoxin (OnabotulinumtoxinA)** can be used for the preventive treatment of chronic migraine.



Remember, it may take **several months** before you start noticing results. Therefore, **patience and treatment compliance are important**.<sup>4</sup> **Never** start a medication on your own. Always discuss with your doctor the best treatment option(s) for your case.

#### References:

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- 5- Rissardo JP, Caprara ALF. Gepants for Acute and Preventive Migraine Treatment: A Narrative Review. Brain Sci. 2022;12(12):1612. Published 2022 Nov 24.

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