

Supplements available in combination products:

		riboflavin	magnesium	butterbur	coQ10	feverfew	ginger
MigraClear	\$\$\$	380 mg	200 mg	100 mg	-	100 mg	250 mg
Migra-Eeze	\$\$\$	400 mg	-	150 mg	250 mg	-	-
Migravent	\$\$	300 mg	300 mg	18 mg	300 mg	-	-
M Formula	\$	100 mg	62 mg	47 mg	300 mg	-	-
HeadacheFree	\$	200 mg	200 mg	-	-	-	-
MigreLief	\$	200 mg	180 mg	-	-	-	-

Only HeadacheFree is a daily multivitamin substitute

Preventive Medicines: Prescription

Daily (low dose) off-label use of certain medicines is common and effective for preventing or reducing migraine symptoms

- **Seizure-controlling medicine** - topiramate, diprovalate/divalproex
- **Blood pressure medicines** - propranolol, timolol, metoprolol, atenolol
- **Antidepressants** - amitriptyline, nortriptyline, venlafaxine
- **Angiotensin Receptor Blocker**- candesartan
- **CGRP Antagonists** - erenumab (Aimovig), fremanezumab (Ajovy), galcanezumab (Emgality), eptinezumab (Vyepti)

Other Therapies

- Nerve blocks – using injected painkillers or steroids to interrupt nerve signals.
- Botulinum A – multiple injections of a neurotoxic protein every 3 months - risk of muscle thinning, neck pain – requires preauthorization.
- Neuromodulation – using different forms of energy to affect the nervous system – safe and effective in stopping and preventing migraine -may not be covered by insurance. Options include: vagus nerve stimulator, single pulse magnetic, external trigeminal nerve stimulator, distal transcutaneous electrical stimulator. *Currently not covered by insurance.*



Do You Have...

- Headaches with light or sound sensitivity?
- Headaches with nausea or vomiting?
- Temporary visual disturbances?
- Pressure or pain across your cheeks, behind your eyes or across your forehead?
- A feeling your ears are blocked or under pressure, or have water in them?
- Very sensitive ears; bothered by wind?
- Motion intolerance like difficulty reading in a car or tolerating an amusement ride?
- Dizziness or unsteadiness?
- Smell or taste sensitivity or irregularities?
- Nasal congestion or runny nose?
- Difficulty understanding what is said?
- Dental or TMJ pain?
- Family history of migraine?

If you experience some of these symptoms, you may be among the 39 million Americans who suffer from migraine.

About Migraine

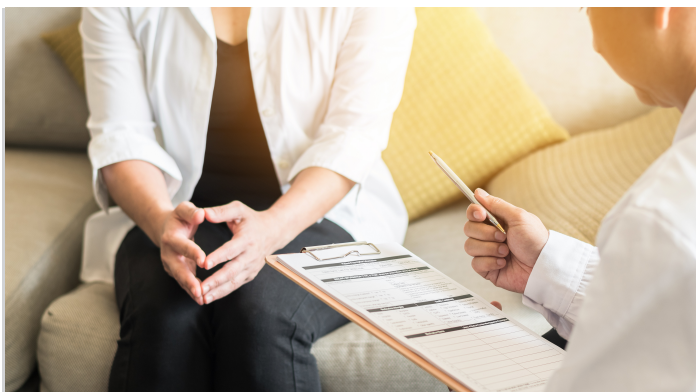
Migraine is one of the most common of all human diseases. It is a chronic, often inherited disease that makes your entire nervous system more sensitive to stimuli. The disease causes headaches, but also many other symptoms. Its effect on daily function varies greatly. It can transform from one set of symptoms to another during a lifetime.

Migraine is often misunderstood and is not given the respect or attention it deserves. Consider becoming an advocate.

Migraine Care

Diagnostic questions, treatment options, dosages and preventative measures





Treatment Plan

- Set realistic goals: *to reduce the intensity and frequency of symptoms*
- **Track symptoms:** daily recording of symptom intensity, duration, affect on activities and triggers improves treatment planning. Use calendar or online apps to share with your doctor
- **Expect trying more than one treatment**
- Don't be afraid to try these medicines.
- Your best preventive medicine will depend on other health conditions (e.g., blood pressure, sleep, mood issues)
- Many medicines need be taken for 4-12 weeks to know if they work or not
- Most preventive medications need to be taken daily

Rescue Medicines

These are taken at the onset of symptoms.

Comfort measures: ice packs, menthol creams, massage

Natural Products: caffeine, ginger

Pain relievers: acetaminophen, aspirin, ibuprofen, naproxen, flurbiprofen, diclofenac sodium, tolafenamic acid, ketoprofen, indomethacin, piroxicam, celecoxib

Triptans: sumatriptan, rizatriptan, zolmitriptan, eletriptan, frovatriptan, almotriptan

Anti-nausea medicines: metoclopramide, domperidone, promethazine, trimethobenzamide, ondansetron, chlorpromazine, dimenhydrinate

Ergot alkaloids: ergotamine, dihydroergotamine

CGRP Blockers: ubrogepant (Ubrovelvy), rimegepant (Nurtec ODT)

Ditan: lasmiditan (Reyvow)

Preventive - Lifestyle

There are a number of ways to reduce the triggers that set off your symptoms. A simple approach is to minimize variations in your daily routine. Here is an acronym SEEDS to remember possible lifestyle changes..

- | | |
|---------------------|--|
| S - Sleep | Keep to a sleep routine |
| E - Eat | Eat at least 3 meals daily, at the same time |
| E - Exercise | Maintain regular exercise, good posture & healthy weight |
| D - Diet | Be aware of your dietary triggers (MSG, alcohol, etc), processed & aged food |
| S - Stress | Reduce stress - meditation, acupuncture, chiropractic care, health coach, psychologist (cognitive behavioral therapy, biofeedback, relaxation training, physiotherapy and other complementary medicine therapies. Avoid bright lights, loud noises, perfumes & chemicals. Online resources for relaxation music and yoga. Try downloadable free apps |

Preventive - Diet

How and why people react to different foods is not yet well understood. However, it is worth trying to identify if you have a food trigger and then avoid it.

In general, food triggers fall into three main categories:

- Byproducts of food aging and fermentation: red wine, aged cheeses, yeast and yogurt
- Foods with ingredients that affect our nervous system: coffee, chocolate, MSG, aspartame, citrus fruits and the nitrates used as preservatives in many prepackaged foods, particularly cured meats
- Foods you have mild or silent allergies or sensitivities to: such as milk, corn, soy and wheat (gluten). Gluten sensitivity is particularly a common issue for those with migraine.

Blood tests for food allergies may or may not identify a food trigger. The use of an **elimination diet** - a careful removal of specific foods over a specific time period, followed by a reintroduction of the food - is the most reliable method to identify dietary migraine triggers.

Simple rules: Buy fresh foods only - No deli or cheese

Micronutrient Supplements

These are still “drugs” and must be used with caution

Magnesium: 200-1200 mg daily (common: 400- 500mg) Higher doses are more effective. Major side effect - diarrhea (lower risk by dividing dose over day). Can lower blood pressure and interact with some heart medications, diuretic, antibiotics (aminoglycosides) and muscle relaxants.

Vitamin B2 (riboflavin): 500 mg daily. Will turn urine bright yellow. Can interact with anticholinergics, phenobarbital and probenecid. Found in milk, meat, eggs, nuts, enriched flour and green vegetables.

Coenzyme Q10: up to 100 mg three times daily. Side effects can include rash, poor sleep, headache, dizziness, light sensitivity, and more. May interact with blood pressure medicines (especially timolol), blood thinners, cholesterol medicines, some cancer drugs and tricyclic antidepressants. Avoid during pregnancy and breastfeeding.

Melatonin: 3 mg at bedtime Can reduce the effectiveness of certain medication (blood pressure drugs, seizure-prevention drugs, antidepressants and birth control medications and increase blood sugar levels.

Feverfew: 6.25 mg three times daily. Side effects include abdominal pain, diarrhea, mouth ulcers, nausea, vomiting. Avoid during pregnancy (risk of miscarriage), combining with aspirin (increases bleeding). Watch for ragweed, chamomile or yarrow cross-sensitivity. Must taper off.

Butterbur (Petasites hybridus):50-75 mg twice daily. *Recent studies have raised serious concerns about liver toxicity. To reduce this risk, use only PA-free butterbur.* Avoid butterbur for children, pregnant or nursing women or people with kidney, heart or liver disease. Side effects: belching, headache, itchy eyes, asthma, fatigue. Do not combine with phenytoin, rifampin, rifabutin (Mycobutin) and carbamazepine, phenobarbital.

Ginger: Use capsules, tea or in water. Be careful not to combine ginger supplements with blood thinners because of potential drug interactions. Useful to reduce nausea.

5-HTP: 300-500 mg, taken either once daily or in divided doses Avoid in pregnancy, liver or kidney disease. Interactions with mood-elevating medications, carbidopa, triptans, barbiturates, chemotherapy drugs, antibiotics, tramadol.

These micronutrients can be taken individually but can be difficult to find in pharmacies and even vitamin stores. Consider supplements in combination pills, available online – see next page.