AMERICAN ACADEMY OF NEUROLOGY

Migraine Guide for Patients

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The Latest Migraine News and What It Means for You

Your migraine is treatable and preventable.
That's the latest scientific news from migraine experts. And it means that even though your migraine is a complex biological disease, there *is* something you can do now.

Your doctor can help.
To help you treat and prevent your migraine, migraine experts have developed guidelines for your doctor. Guidelines give recommendations based on the best scientific evidence available. The latest migraine guidelines were issued by the US Headache Consortium–made up of seven of the country's top medical and patient groups–who studied more than 20 years of scientific evidence to determine the best possible care for your migraine.

You can help too.
You can use the migraine guidelines too. This special version of the guidelines is designed especially for you to take to your doctor to discuss your migraine treatment. Because migraine is complex and varies in frequency, length and severity, it is important that you work with your doctor to develop an individualized plan to treat and prevent your migraine symptoms.

Please take this information to your doctor on your next visit to help you start a conversation about your current migraine treatment or new options.

Option: Migraines are treatable with medication
When you have a migraine, you want your headache treated quickly, effectively and without side effects. You don't want a migraine to interfere with your life. Your doctors can often suggest a medication that will provide relief:

Guide:
- Ask about specific migraine medications that are available. Your doctor will choose your medication based on the severity and frequency of your symptoms.
- Avoid oral medications if you have vomiting or nausea.
- Ask about special medications, which may help you avoid a trip to the emergency room. These are called "rescue" medications.
- Avoid using medication too often. It can cause even more headaches–called "rebound" headaches

Option: Migraines are treatable with lifestyle changes
Many times lifestyle changes such as avoiding certain foods, getting more sleep or managing your stress can help treat your migraine. You may talk with your doctor about lifestyle changes that may provide some relief:

Guide:
- Ask about relaxation training, biofeedback therapy or stress management with your medications
- Use a diary or calendar to help you identify "triggers" such as chocolate or red wine
- Combine lifestyle modifications with medication to treat and prevent migraines

Goal: Migraines are preventable
If you have migraines more than twice a week and medication is not working or is causing side effects, there are daily medications that can help. Your doctor may recommend that you combine lifestyle modification with medications to treat and prevent migraines.

Guide:
- Use specific migraine medications that are available. Your doctor will choose your medication based on the severity of your migraine
- Start medication at a low dose–but give it time to work! It may take as long as two to three months to see a benefit.
- Tell your doctor about any other medications you may be taking to make sure they do not interfere with headache medications
- Check your progress. Using a headache diary can help you keep track on a daily basis. Medications can often be discontinued after six months if your headaches are under control.

Additional Testing
The guidelines show neuroimaging, such as CT scans or MRI, is not necessary to treat a typical migraine. Your doctor may choose to do special testing if you do not respond to treatment or if your condition is unusual.

Talking to Your Doctor
Your first step to a personalized plan is to talk to your doctor. You'll work together to develop a plan that makes sense based on your personal medical history and your lifestyle. By talking with your doctor about your expectations and preferences, you'll be able to develop a plan that works best for you.

For more information
For the complete headache guidelines, visit the American Academy of Neurology's web site at www.aan.com.

What are your migraine management options?
You may not realize how many options are available for migraine treatment and prevention. The chart below highlights the various medications and lifestyle changes to discuss with your doctor and develop your personalized plan.

Migraine-specific treatment medications	***Nonspecific treatment medications***	***Anti-nausea and other symptom-preventing medications***	***Preventive medications***	***Behavior modification treatment and prevention***
• Ergot alkaloids and derivatives • Triptans	• Barbiturate hypnotics • NSAIDS – combination analgesics and nonopiod, analgesics • Opioid	• Antiemetics	• Anticonvulsants • Antidepressants • Beta-blockers • Calcium channel blockers • NSAIDs • Serotonergic agents • Others (riboflavin, vitamins, etc.)	• Relaxation training • Thermal biofeedback combined with relaxation training • EMG biofeedback therapy • Stress management therapy