

# MIGRAINE CARE

**A mix of approaches is the key to relief**  
**Find your own combination**



## What's the best treatment for migraine?

Migraine is a disease of the brain, and the brain...well, is a complex system! Everybody is different, and there are many options. But to get started, it's useful to have a look at different categories of approaches. Whatever happens, don't lose hope and keep trying until you find relief.

### LIFESTYLE ADAPTATIONS

Stabilize the brain and make it more resistant to attacks. Improve your overall health.

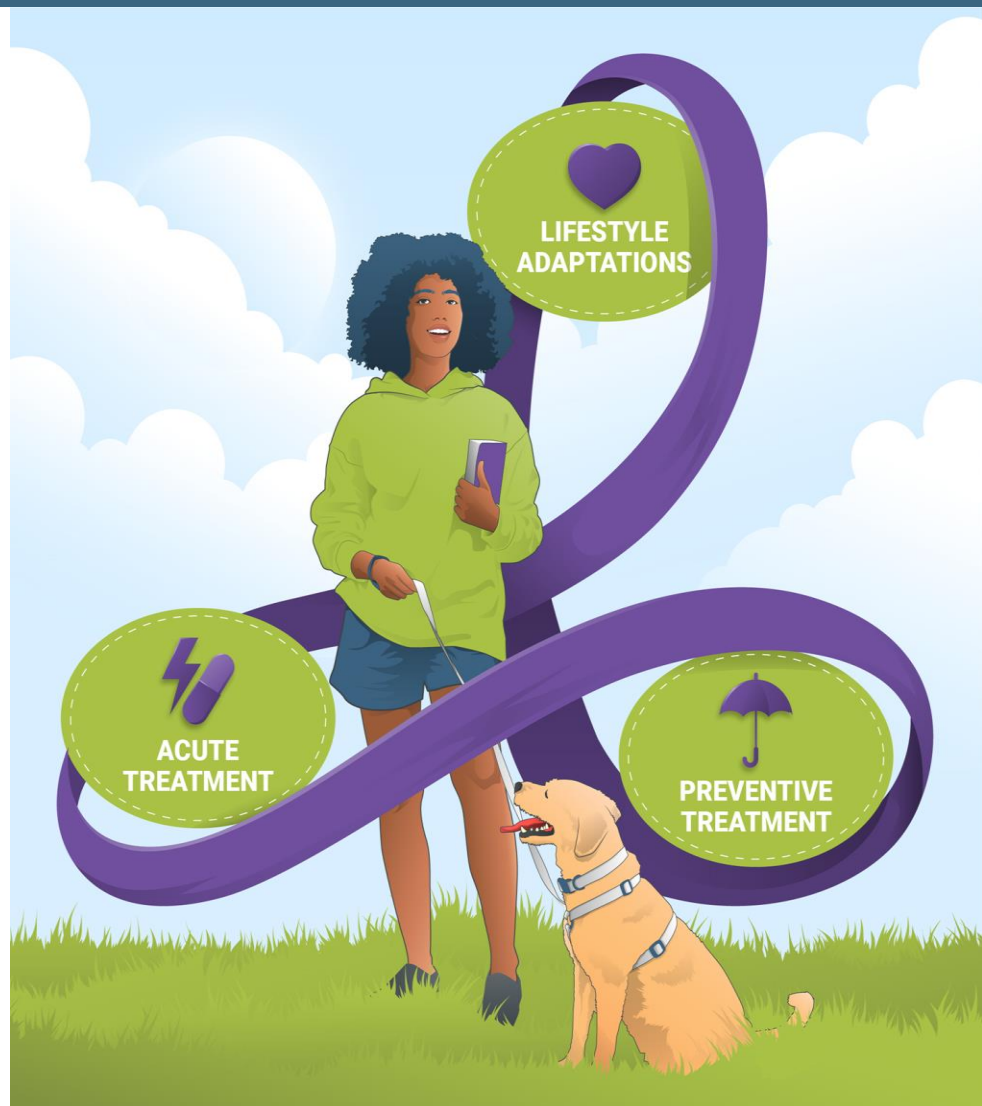
### ACUTE TREATMENT

Stop the attack when it happens.

### PREVENTIVE TREATMENT

Decrease the frequency and severity of attacks and overall headaches.

**A diary is a good first step to get an idea of what's going on!**



# Explore the Migraine Tree: a growing map to find your way to relief

Stay tuned for new options

Discuss available options with your healthcare provider.  
Remember that migraine is a disease of the brain that will evolve over life.  
Do not hesitate to combine approaches for optimal control.

### Acute meds

How to try them  
Anti-inflammatories,  
triptans  
Severe attacks  
When to treat  
Overuse issues

### Social life

Dealing with friends,  
family, workplace,  
travel

### Lifestyle changes

Sleep  
Exercise  
Food/Diet  
Drink/Diary  
Stress management  
Meditation  
Screens

### Other headaches

Cluster headache  
Trigeminal neuralgia  
NDPH

### Psychological issues

Coming soon  
(anxiety, depression,  
ADHD....)

### CORE section

Cause of migraine  
Diary use  
Triggers  
Imaging (CT, MRI)  
List of treatments

### Preventive treatment

How to try them  
Supplements /vitamins  
Cannabis  
Pills  
Botox  
CGRP antibodies

### Devices/ Neuromodulation

Cefaly  
Gamma Core  
TMS

### Procedures/Injections

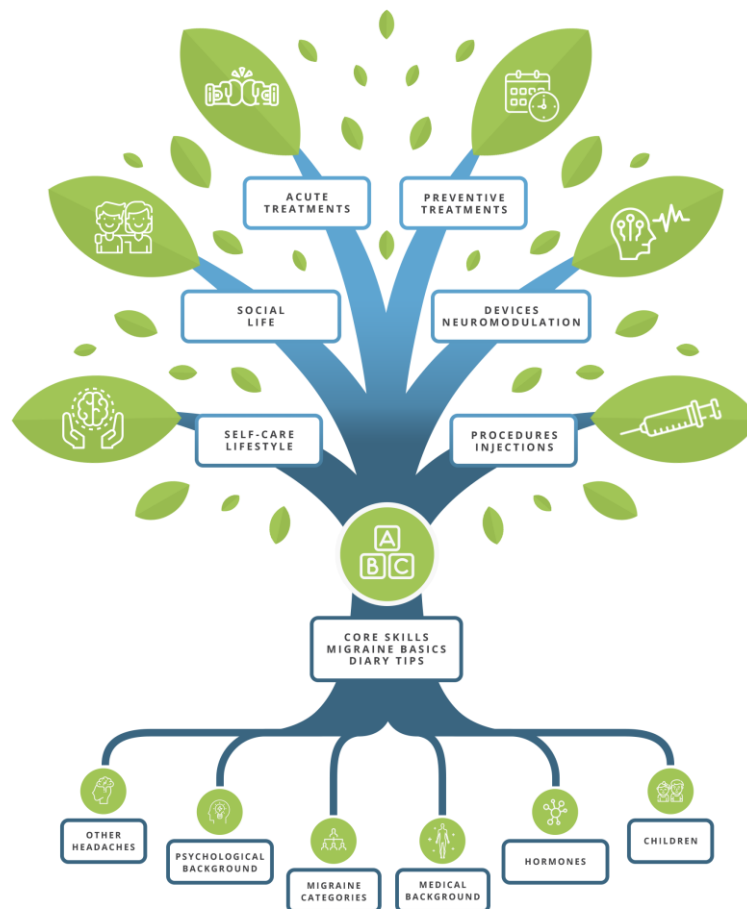
Botox  
Nerve blocks  
Facet blocks  
Acupuncture

### Children

Migraine equivalents  
Cyclical vomiting  
Options for kids

### Hormones

Contraception  
Menstrual migraine  
Pregnancy  
Menopause



### Migraine categories

Aura  
Vestibular  
Hemiplegic  
Chronic  
Refractory

### Medical issues

Sleep  
More coming soon  
(thyroid, celiac,  
sinus... )