

Patient Education Resource Kit

 <p>Preventive HOW TO TRY PREVENTIVE MEDICATIONS</p>	 <p>CGRP CGRP MONOCLONAL ANTIBODIES</p>	 <p>Gepants-Preventative PILLS THAT BLOCK THE CGRP RECEPTOR</p>	 <p>Botox Injections FOR CHRONIC MIGRAINE PREVENTION</p>	 <p>Acute Medications HOW TO USE ACUTE MEDICATIONS</p>
 <p>Gepants-Acute PILLS THAT BLOCK THE RECEPTOR FOR ACUTE TREATMENT</p>	 <p>The Ping-Pong Theory HOW THE MIGRAINE BRAIN INTERACTS WITH...</p>	 <p>Diary HOW TO USE A HEADACHE DIARY</p>	 <p>Medication Overuse MORE HEADACHES, MORE PILLS... BREAK THE CYCLE</p>	 <p>Migraine Care APPROACHES – FIND YOUR OWN COMBINATION</p>
 <p>Food and Migraine FROM BASICS TO CONTROVERSIES</p>	 <p>Sleep HOW TO SLEEP BETTER WITHOUT MEDICATIONS</p>	 <p>Relaxation HOW TO FIND YOUR WAY TO A QUIET PLACE</p>	 <p>Exercise MOVEMENT AND EXERCISE WHEN YOU LIVE WITH MIGRAINE</p>	 <p>Click to view PDF</p>

Migraine Canada is a federally registered charity committed to improving the lives of 4.5 million Canadians with migraine and other headache disorders through awareness, support, education, advocacy, and research.

Migraine Canada has developed a Patient Education Resource Kit for HCPs and patients on various topics to educate patients on treatment options and non-pharmacological management of migraine.

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