

### Try options until you find relief

I spent years dealing with migraine attacks. Tylenol was barely touching them. Advil was taking a bit of the edge off. I was using too much of it. Now I have found better options. For my normal attacks I use a triptan or a gepant. For severe attacks (I do get them with my period), I can combine a triptan with an anti-inflammatory. I am glad I kept trying. Now I can control the majority of my attacks, and that's way better than spending a day in the dark room!



## AVAILABLE OPTIONS TO TREAT A MIGRAINE ATTACK

Class of Medications	How they Work	Examples of medication
<b>ANTI-INFLAMMATORY</b>	Block inflammation	Naproxen (anaprox, Aleve), Ibuprofen (Advil, Motrin), diclofenac (Cambia, Voltaren), Indomethacin (indocid)
<b>TRIPTANS</b>	Simulate serotonin receptors	7 brands available : NAME-triptan (brand name), ALMO(Axert), ELE (Replax), FROVA (Frova), NARA (Amerge), Riza (Maxalt), SUMA (Imitrex), ZOLMI (Zomig)
<b>GEPANTS</b>	Block CGRP Receptor	Ubrogepant (Ubrelvy) Rimegepant (Nurtec)
<b>ANTI-NAUSEA</b>	Help with nausea	Dimenhydrinate (Gravol), Prochlorperazine (Stemetil), Metoclopramide (Metonia), Ondansetron (Zofran)
<b>OTHER</b>	Depends on the option	Hot, cold, mint roller, aromatherapy, relaxation, TENS, Gamma Core, Cefaly (Neuromodulation)

### OPIOIDS SHOULD BE AVOIDED.

There is a high risk of addiction and worsening of migraine frequency over time. Discuss only with a headache specialist after having tried other safer options.



### CANNABIS SHOULD BE AVOIDED.

There is no evidence on the effectiveness or safety of cannabis to treat migraine. Cannabis may lead to addiction and medication-overuse headache.

# Principles to optimize success

## Become your own expert!

Principle	Why	How
<b>Treat early/ when symptoms are mild</b>	Early treatment increases chances of success	Recognize the beginning of the attack (first symptoms, prodrome, aura). Address reasons for delaying intake
<b>Combine different medications</b>	NSAIDs, triptans and gepants have different mechanisms	Try combinations and observe results. Always check if the combination is safe with your care provider.
<b>Bypass the gut absorption</b>	Migraine - the gut system slows down, absorption of drugs limited	Nasal sprays: Zolmi, Suma Suppositories : NSAIDs Injectables: SUMA, Ketorolac
<b>Tailor Treatment</b>	Attack severity may vary and be predictable	Find different options and combinations for different types of attacks
<b>Beyond medications</b>	Every bit counts for relief	Hot, cold, mint roller, aromatherapy, glasses, meditation, TENS, etc.
<b>Prevent overuse</b>	May increase risk of more frequent attacks (vicious circle)	Risk zone = >8-10 days/month. Consider prevention.



## LEARN TO TREAT YOUR ATTACK AT THE RIGHT TIME: USUALLY EARLY

(unless you are at risk for medication overuse headache = >8-10 days/month of acute medication use)

See our medication overuse resource for more information

### IF YOU'RE TREATING >8-10 DAYS/MONTH, DISCUSS WITH YOUR HEALTH PROVIDER

- Frequent acute medication use may lead to more attacks (Advil and Tylenol also count).
- Consider/optimize preventive treatments
- Gepants do not cause medication overuse headache