

# 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.

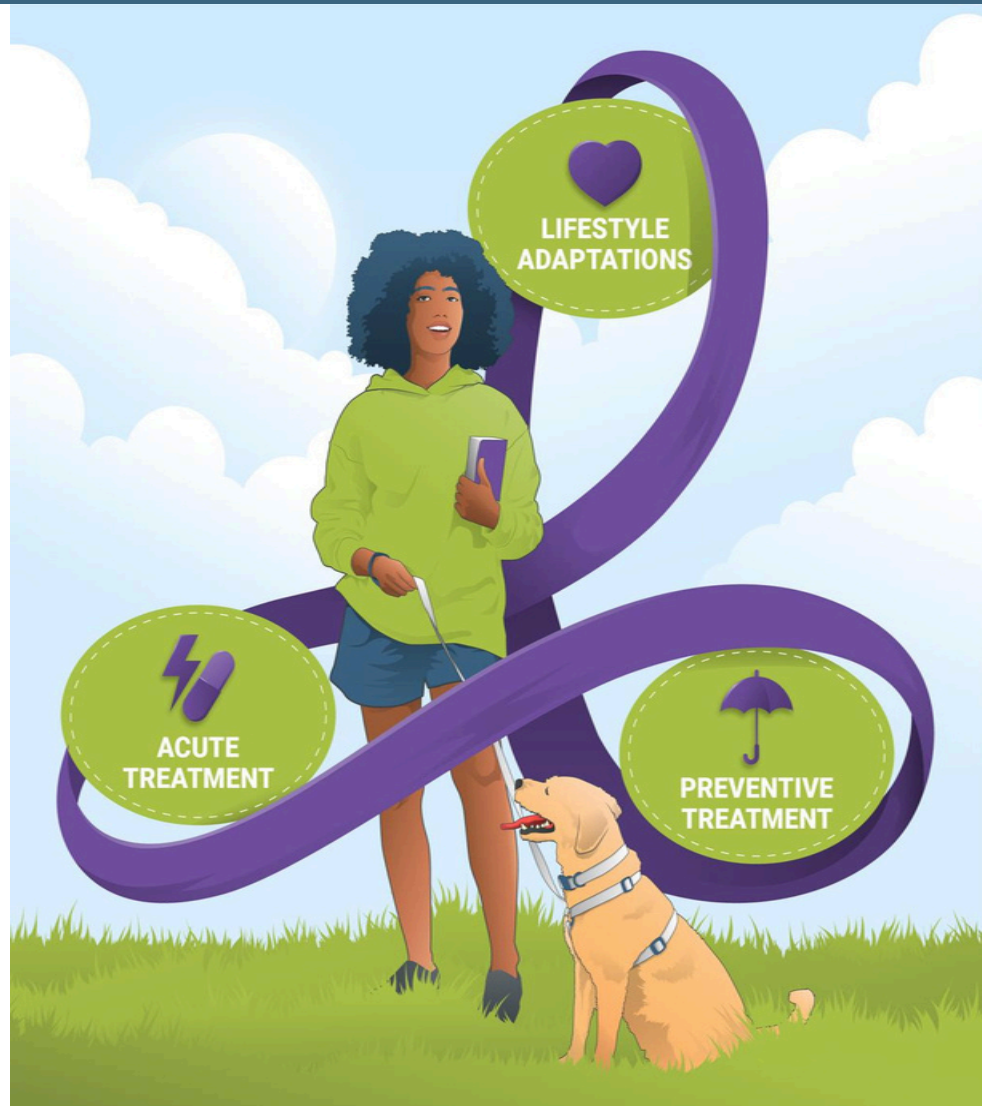
### ACUTE TREATMENT

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

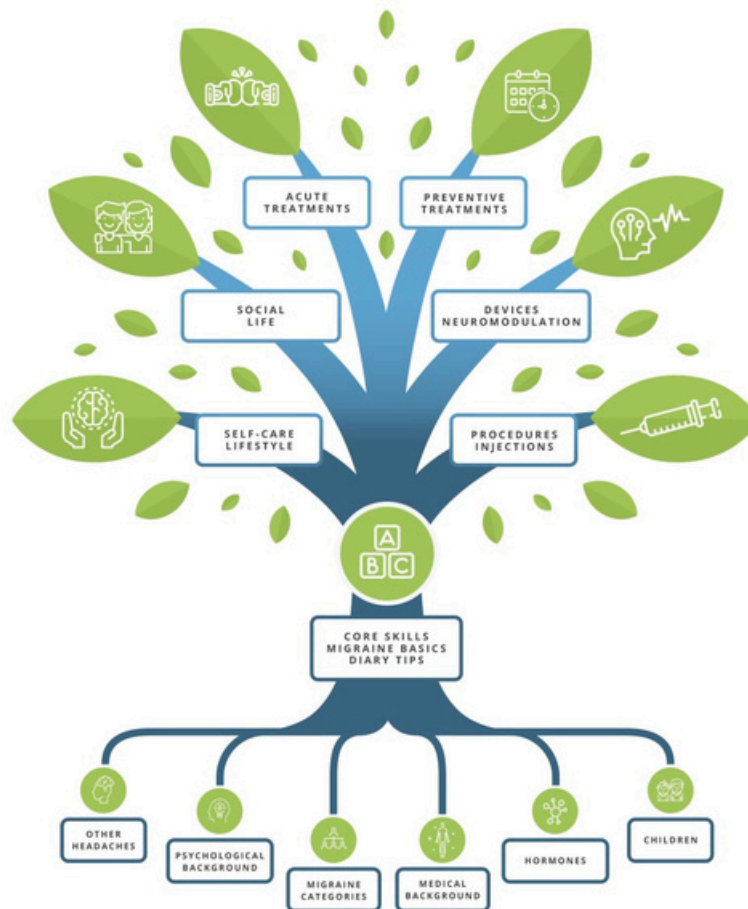
Botox  
Nerve blocks  
Facetblocks  
Acupuncture

## 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...)