

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
ANTI-INFLAMMATORY	Block inflammation	Naproxen (anaprox, Aleve), Ibuprofen (Advil, Motrin), diclofenac (Cambia, Voltaren), Indomethacin (indocid)
TRIPTANS	Stimulate serotonin receptors	7 brands available : NAME-triptan (brand name), ALMO(Axert), ELE (Replax), FROVA (Frova), NARA (Amerge), Riza (Maxalt), SUMA (Imitrex), ZOLMI (Zomig)
GEPANTS	Block CGRP Receptor	Ubrogepant (Ubrovelvy) Rimegepant (Nurtec)
ANTI-NAUSEA	Help with nausea	Dimenhydrinate (Gravol), Prochlorperazine (Stemetil), Metoclopramide (Metonia), Ondansetron (Zofran)
OTHER	Depends on the option	Hot, cold, mint roller, aromatherapy, relaxation, TENS, GammaCore, 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.



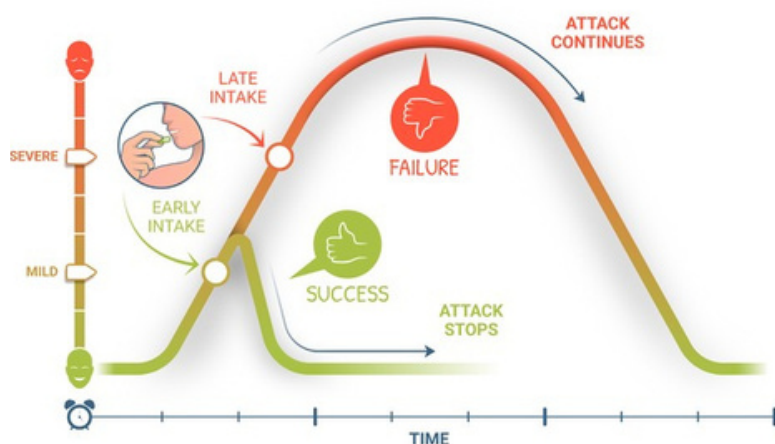
CANNABIS USE REMAINS CONTROVERSIAL

Due to conflicting evidence and a lack of standardized dosing, cannabis is not recommended as an effective migraine treatment.

Principles to optimize success

Become your own expert!

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