

# UNDERSTANDING CHRONIC MIGRAINE

---

Learn about diagnosis, management, and treatment options for this headache condition

## What We're Going to Cover Today

---

- The symptoms and phases of migraine
- Differences between episodic migraine and Chronic Migraine
- Tips for discussing Chronic Migraine with your doctor
- Ways to manage Chronic Migraine, including types of treatment options

# WHAT IS CHRONIC MIGRAINE?

---

The basics on a difficult and often debilitating condition<sup>1-4</sup>

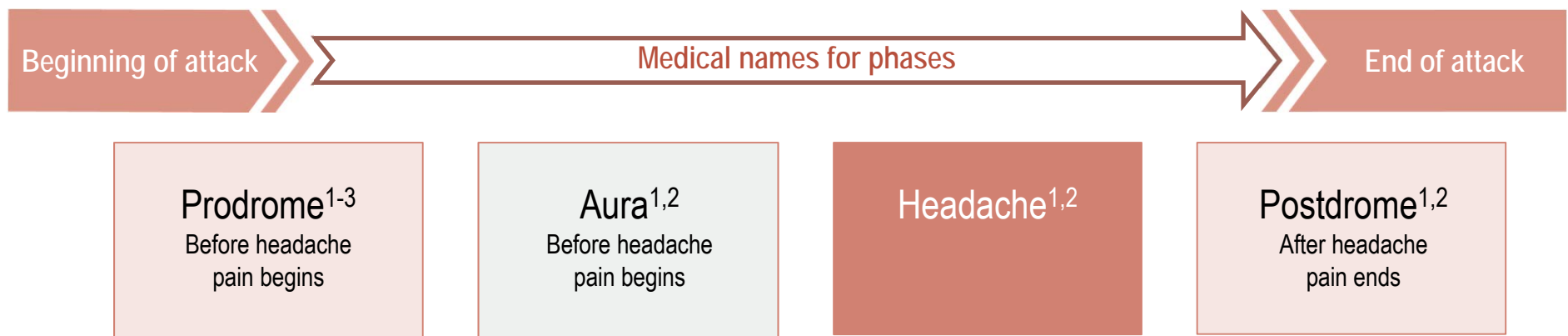
## First, What Is Migraine?

---

- Migraine is identified by headache with pain that can last from 4 hours to 3 days<sup>1</sup>
  - Pain is:
    - Usually moderately to severely intense
    - Pulsating
    - Often occurring on 1 side of the head
    - Made worse by physical activity
  - Telltale signs may be:
    - Nausea and/or vomiting
    - Sensitivity to light and sound
  - Vision or sensory changes (aura) may come just before or just as migraine begins<sup>1</sup>

## What Are the Phases and Symptoms of Migraine?

- Migraine symptoms and phases may vary from person to person<sup>1</sup> and from attack to attack



Each phase has its own symptoms and time frame

## Prodrome Phase: Before Headache Pain Begins

---

Typical  
symptoms

Tiredness<sup>1-3</sup>  
Difficulty concentrating<sup>1,3</sup>  
Sensitivity to light and sound<sup>1-3</sup>

Duration

A few hours to a couple of days<sup>1,3</sup>

## Aura Phase: Before Headache Pain Begins

---

Typical  
symptoms

Changes in vision, sensation,  
or speech<sup>1,2</sup>

Duration

Each symptom may last  
5 to 60 minutes<sup>3</sup>

1. Silberstein et al. *Headache in Clinical Practice*. 2002; 2. Blau. *Lancet*. 1992; 3. Headache Classification Committee of the International Headache Society (IHS). In: The International Classification of Headache Disorders, 3rd edition (beta version). *Cephalalgia*. 2013.

## Headache Phase

---

Typical  
symptoms

Moderate to severely intense pain<sup>1</sup>  
Nausea and/or vomiting<sup>1-3</sup>  
Sensitivity to light and sound<sup>1-3</sup>

Duration

4 to 72 hours<sup>1,3</sup>



## Postdrome Phase: After Headache Pain Ends

---

Typical  
symptoms

Tiredness<sup>1,2</sup>  
Depression<sup>1,2</sup>  
Euphoria<sup>1,2</sup>  
Sensitivity to light and sound<sup>3</sup>

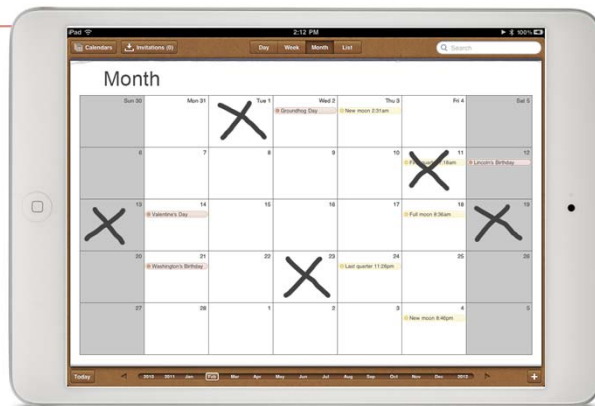
Duration

0 to 24+ hours<sup>3</sup>

# Two Types of Migraine, Defined by Headache Frequency<sup>1,2</sup>

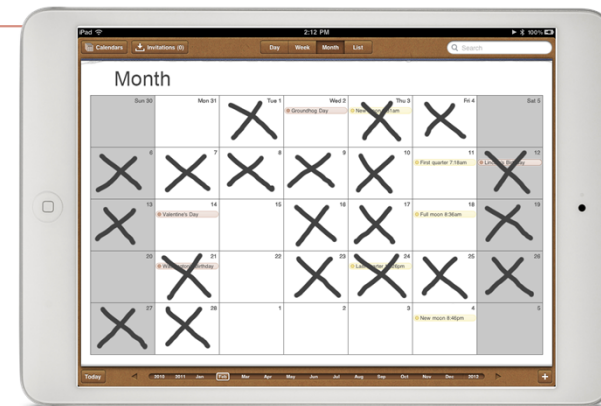
## Episodic Migraine

Headaches on fewer than 15 days per month, some of them migraine



## Chronic Migraine

Headaches lasting 4 hours or longer at least 15 days per month  
 — On at least 8 days, headache is linked to migraine



1. Headache Classification Committee of the International Headache Society (IHS). In: The International Classification of Headache Disorders, 3rd edition (beta version). *Cephalalgia*. 2013;  
 10 2. Blumenfeld et al. *Cephalalgia*. 2011.

## Patient Voices on Living With Chronic Migraine

---

*“My headaches first started years ago. I first noticed flashes of light. After a few minutes, the flashes stopped and an intense headache started, along with vomiting. The headaches now seem to last longer and have increased in frequency over the years.”*

“When you live with Chronic Migraine, you’re always worried about the next step.”

# THE IMPACT OF CHRONIC MIGRAINE

---

You might have a headache...or worry when the next one will start

Currently,  
about **3.2**  
**million Americans**  
have Chronic Migraine<sup>1,2</sup>

Based on findings from a recent publication summarizing global Chronic Migraine prevalence rates.

## Chronic Migraine Has More Negative Impact on Patients' Lives Than Episodic Migraine

---

### Compared to those with episodic migraine, people with Chronic Migraine:

- Report longer-lasting headaches with more intense pain<sup>1</sup>
- Have greater headache-related disability<sup>1,2</sup>
- Are more likely to miss<sup>3</sup>:
  - Work or school
  - Household work
  - Family activities

## Patient Voices on Living With Chronic Migraine

---

*“It’s discouraging when you feel one coming on. It’s disruptive not to be able to plan your day every day. It doesn’t matter if you have theater tickets or plane tickets. If you can’t go, you can’t go.”*

“You can’t schedule anything. You can’t plan anything. It is a constant fear or hesitation. It’s like living a maybe life.”

# TALKING TO YOUR DOCTOR ABOUT CHRONIC MIGRAINE

---

Being prepared for your appointment can help



## The Right Information Is Very Important

---

- Sharing as much as possible about your headache and symptoms helps your doctor provide an<sup>1</sup>:
  - Accurate diagnosis
  - Effective treatment plan
- Track your symptoms for several months so you can give your doctor a complete picture of your headache days

In a study of 520  
Chronic Migraine  
patients...

**80%**

**weren't properly  
diagnosed<sup>2</sup>**

## Tell Your Doctor About Headache FREQUENCY

---

- On average, how many days each month do you experience headache of any kind?
  - 15 days or more each month
  - Fewer than 15 days each month
- On average, how many days per month are you completely headache-free?
- Do you have headaches that last 4 hours or more each day if you don't take any medicine?

## Tell Your Doctor About Headache SYMPTOMS

---

- Do you experience any of the following with your headache?
  - Moderate to severe pain
  - Throbbing pain
  - Nausea and/or vomiting
  - Sensitivity to light
  - Sensitivity to sound
- Do you experience any other symptoms with your headache/migraine?

## Tell Your Doctor How Headache AFFECTS YOUR LIFE

---

- Does headache interfere with work or school?
- How does headache or migraine impact the activities you do during the day?
- Finally, talk about medicines
  - What do you take now for your headache/migraine?
  - What have you taken in the past (including over-the-counter medicines and prescriptions)?

## Two Ways to Prepare for Your Doctor's Appointment



Record information about your headaches/migraines, then bring to your doctor and ask about Chronic Migraine. Month \_\_\_\_\_

Day	Example	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Write in an option every day, even if you didn't have a headache/migraine	None, or headache that lasted less than 4 hours (N)																															
	Mild headache (H)/migraine (M)																															
	Moderate headache (H)/migraine (M)																															
	Severe headache (H)/migraine (M)	M																														
Check any activities you missed because of a headache/migraine	Family event																															
	Social event		✓																													
	Work/school		✓																													
	Housework		✓																													
Write in your acute or preventive medications* then check off the days you took them	Medication 1:																															
	Medication 2:																															
	Medication 3:		✓																													
	Medication 4:		✓																													

\*Acute medications are taken after headache/migraine pain has already begun. They are available over the counter or by prescription and taken as needed. Preventive medications are taken on a schedule to prevent headache/migraine.

**FOR YOUR PHYSICIAN**  
 Headache days \_\_\_\_\_ Migraine days \_\_\_\_\_  
 Count days when the patient took acute medication as headache/migraine days.

Visit [MYCHRONICMIGRAINE.COM](http://MYCHRONICMIGRAINE.COM) to learn more about Chronic Migraine and different types of treatment options.

ALLERGAN ©2015 Allergan, Inc., Irvine, CA 92612 [myChronicMigraine.com](http://myChronicMigraine.com) APCS2WL15 151143

- Complete the ID-Chronic Migraine (ID-CM) screening tool
  - Ask your doctor about the ID-CM screening tool

- Fill out a headache diary prior to your visit

# CHRONIC MIGRAINE MANAGEMENT

---

Learn what you can do for yourself and your health

## Know the Common Triggers That May Cause a Migraine

### Triggers can be managed

Avoiding your triggers when possible and creating healthy habits may help you reduce the frequency of your headaches/migraines<sup>3</sup>

— Other triggers include:

- Not eating<sup>1-3</sup>
- Weather<sup>1-3</sup>
- Sleep disturbance<sup>1-3</sup>
- Strong odors/smells<sup>1,2</sup>
- Neck pain<sup>1</sup>
- Bright or flashing lights<sup>1,2</sup>
- Alcohol<sup>1-3</sup>
- Smoke<sup>1,2</sup>
- Food or food additives (such as MSG or nitrates)<sup>1,3,4</sup>
- Caffeine<sup>2,3</sup>
- Taking too much medicine<sup>2</sup>

## Keep a Headache Diary

### — Good way to track your headaches<sup>1-3</sup>

- When headaches happened
- How long they lasted
- How severe they were
- Other symptoms you may have experienced
- Triggers identified
- Medicines used

Sample Headache Diary

Day	Duration (hours)	Triggers (eg, stress, hormones)	Medicines (eg, name, dose)	Other (as instructed by your doctor)
1				
2				
3				
4				

### — Find additional resources at: [MyChronicMigraine.com](http://MyChronicMigraine.com)



## Avoid Triggers and Make Positive, Healthy Changes<sup>1-3</sup>

### Home



- Exercise/weight management
- Stop smoking
- Eat regularly
- Get enough sleep

### Work



- Set boundaries and be assertive
- Find healthy ways to manage stress

### Social Settings



- Avoid smoking areas
- Avoid food and drinks that may trigger headache

## Practice Self-Care<sup>1</sup>

### Relaxation Training/ Stress Management

- Deep breathing
- Meditation and yoga
- Progressive muscle relaxation
- Guided visual imagery

### Maintain a Healthy Lifestyle

- Exercise
- Weight reduction
- Regular and healthy diet
- Regular sleep pattern
- Stress management

### Behavioral Treatment

- Biofeedback therapy
- Cognitive behavioral therapy

### Education and Empowerment

- Use migraine diaries
- Understand treatment options
- Explore websites for education and tools:  
[headaches.org](http://headaches.org)  
[americanheadachesociety.org](http://americanheadachesociety.org)  
[MyChronicMigraine.com](http://MyChronicMigraine.com)

# ACUTE AND PREVENTIVE TREATMENT OPTIONS

---

Talk to your doctor about what might be right for you

## There Are Medicines That May Help

---

- Treatments may help manage Chronic Migraine and possibly reduce headache frequency<sup>1,2</sup>
- Talking to a Headache Specialist about your headaches and goals will help determine your treatment and management plans
- There are 2 types of medicines to help manage headaches/migraines<sup>1,2</sup>:

Acute

Help stop headache/migraine  
pain during an attack

Preventive

Help stop headache/migraine  
from happening

## Many Organizations Have Information for People With Chronic Migraine

---

— Learn more about migraine, find out about the latest research, get information on clinical trials, find Headache Specialists, and receive regular newsletters.

- American Headache & Migraine Association (AHMA)  
[ahma.memberclicks.net](http://ahma.memberclicks.net)



- American Headache Society (AHS)  
[americanheadachesociety.org](http://americanheadachesociety.org)



- American Migraine Foundation  
[americanmigrainefoundation.org](http://americanmigrainefoundation.org)



- Migraine Research Foundation  
[migraineresearchfoundation.org](http://migraineresearchfoundation.org)



- National Headache Foundation (NHF)  
[headaches.org](http://headaches.org)



## Summary of Topics Covered Today

---

- Chronic Migraine is a complex condition
  - 15 or more headache days per month, with headache lasting 4 hours a day or longer, with 8 or more headache days per month linked to migraine<sup>1</sup>
- Good communication with your physician is important
  - Sharing the right information can help lead to an accurate diagnosis and better treatment plan<sup>2</sup>
- Empowerment can improve your Chronic Migraine
  - Keep a headache diary, avoid triggers, and practice a healthy lifestyle<sup>3-5</sup>
- Talk to your doctor about treatment options
  - Acute and preventive medicine options are available<sup>6,7</sup>
- Learn more and find a Headache Specialist at [MyChronicMigraine.com](http://MyChronicMigraine.com)

1. Headache Classification Committee of the International Headache Society (IHS). *Cephalalgia*. 2013; 2. Buse and Lipton. *Curr Pain Headache Rep*. 2008; 3. Hildreth et al. *JAMA*. 2009; 4. Kelman. *Cephalalgia*. 2007; 5. National Institute of Neurological Disorders and Stroke website. Accessed 2014; 6. Silberstein. *Neurology*. 2000; 7. Silberstein et al. *Headache in Clinical Practice*; 2002.

# QUESTIONS

---

## Bibliography

---

Bigal ME, Serrano D, Reed M, Lipton RB. Chronic migraine in the population: burden, diagnosis, and satisfaction with treatment. *Neurology*. 2008;71(8):559-566.

Blau JN. Migraine: theories of pathogenesis. *Lancet*. 1992;339(8803):1202-1207.

Blumenfeld AM, Varon SF, Wilcox TK, et al. Disability, HRQoL and resource use among chronic and episodic migraineurs: results from the International Burden of Migraine Study (IBMS). *Cephalalgia*. 2011;31(3):301-315.

Buse DC, Andrasik F. Behavioral medicine for migraine. *Neurol Clin*. 2009;27(2):445-465.

Buse DC, Lipton RB. Facilitating communication with patients for improved migraine outcomes. *Curr Pain Headache Rep*. 2008;12(3):230-236.

Buse DC, Manack AN, Fanning KM, et al. Chronic migraine prevalence, disability, and sociodemographic factors: results from the American Migraine Prevalence and Prevention Study. *Headache*. 2012;52(10):1-15.

Centers for Disease Control and Prevention. Census projections request. CDC WONDER website. <http://wonder.cdc.gov/population-projections.html>. Accessed November 19, 2014.

Dahlöf CG, Solomon GD. The burden of migraine to the individual sufferer: a review. *Eur J Neurol*. 1998;5(6):525-533.

Diamond ML, Marcus DA. Controversies in headache medicine: migraine prevention diets. American Headache Society website. [www.achenet.org/resources/controversies\\_in\\_headache\\_medicine\\_migraine\\_prevention\\_diets/](http://www.achenet.org/resources/controversies_in_headache_medicine_migraine_prevention_diets/). Updated May 2008. Accessed November 19, 2014.



## Bibliography (continued)

---

Headache Classification Committee of the International Headache Society (IHS). The International Classification of Headache Disorders, 3rd edition (beta version). *Cephalalgia*. 2013;33(9):629-808.

Hildreth CJ, Lynn C, Glass RM. JAMA patient page. Migraine headache. *JAMA*. 2009;301(24):2608.

Hoppe A, Weidenhammer W, Wagenpfeil S, Melchart D, Linde K. Correlations of headache diary parameters, quality of life and disability scales. *Headache*. 2009;49(6):868-878.

Kelman L. The postdrome of the acute migraine attack. *Cephalalgia*. 2006;26(2):214-220.

Kelman L. The triggers or precipitants of the acute migraine attack. *Cephalalgia*. 2007;27(5):394-402.

National Institute of Neurological Disorders and Stroke, National Institutes of Health, US Department of Health and Human Services. NINDS headache: hope through research page. National Institute of Neurological Disorders and Stroke website.

[http://www.ninds.nih.gov/disorders/headache/detail\\_headache.htm#156653138](http://www.ninds.nih.gov/disorders/headache/detail_headache.htm#156653138). Updated September 26, 2014. Accessed November 19, 2014.

Natoli JL, Manack A, Dean B, et al. Global prevalence of chronic migraine: a systematic review. *Cephalalgia*. 2010;30(5):599-609.

Nicholson RA, Buse DC, Andrasik F, Lipton RB. Nonpharmacologic treatments for migraine and tension-type headache: how to choose and when to use. *Current Treatment Options Neurol*. 2011;13(1):28-40.

Rasmussen BK. Epidemiology of headache. *Cephalalgia*. 2001;21(7):774-777.

Santanello NC, Davies G, Allen C, Kramer M, Lipton R. Determinants of migraine-specific quality of life. *Cephalalgia*. 2002;22(8):680-685.

Silberstein SD. Practice parameter: evidence-based guidelines for migraine headache (an evidence-based review): report of the Quality Standards Subcommittee of the American Academy of Neurology. *Neurology*. 2000;55(6):754-762.

Silberstein SD, Lipton RB, Goadsby PJ. Migraine: diagnosis and treatment. *Headache in Clinical Practice*. 2nd ed. London, England: Martin Dunitz; 2002:69-111.

THANK YOU

---



©2015 Allergan, Inc., Irvine, CA 92612 MyChronicMigraine.com APC74GO15 150191