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\textsuperscript{1-4}
First, What Is Migraine?

Migraine is identified by headache with pain that can last from 4 hours to 3 days\(^1\)

- 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\(^1\)

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What Are the Phases and Symptoms of Migraine?

Migraine symptoms and phases may vary from person to person and from attack to attack. Each phase has its own symptoms and time frame.

- **Prodrome**
  - Before headache pain begins

- **Aura**
  - Before headache pain begins

- **Headache**
  - After headache pain ends

Prodrome Phase: Before Headache Pain Begins

**Typical symptoms**

- Tiredness$^1$-$^3$
- Difficulty concentrating$^1$,$^3$
- Sensitivity to light and sound$^1$-$^3$

**Duration**

- A few hours to a couple of days$^1$,$^3$

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Aura Phase: Before Headache Pain Begins

Typical symptoms

Changes in vision, sensation, or speech\textsuperscript{1,2}

Duration

Each symptom may last 5 to 60 minutes\textsuperscript{3}

Headache Phase

Typical symptoms

- Moderate to severely intense pain
- Nausea and/or vomiting
- Sensitivity to light and sound

Duration

- 4 to 72 hours

Postdrome Phase: After Headache Pain Ends

- **Typical symptoms**
  - Tiredness\(^1,2\)
  - Depression\(^1,2\)
  - Euphoria\(^1,2\)
  - Sensitivity to light and sound\(^3\)

- **Duration**
  - 0 to 24+ hours\(^3\)

References:
## Two Types of Migraine, Defined by Headache Frequency

<table>
<thead>
<tr>
<th>Episodic Migraine</th>
<th>Chronic Migraine</th>
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</table>
| Headaches on fewer than 15 days per month, some of them migraine | Headaches lasting 4 hours or longer at least 15 days per month  
  - On at least 8 days, headache is linked to 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\textsuperscript{1,2}

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\(^1\)
- Have greater headache-related disability\(^1,2\)
- Are more likely to miss\(^3\):
  - 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\(^1\):
  - 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\(^2\)

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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

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

Other triggers include:
- Not eating
- Weather
- Sleep disturbance
- Strong odors/smells
- Neck pain
- Bright or flashing lights
- Alcohol
- Smoke
- Food or food additives (such as MSG or nitrates)
- Caffeine
- Taking too much medicine

Keep a Headache Diary

— Good way to track your headaches\textsuperscript{1-3}

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

— Find additional resources at: MyChronicMigraine.com

\begin{center}
Sample Headache Diary
\end{center}

\begin{tabular}{|c|c|c|c|}
\hline
Day & Duration (hours) & Triggers (eg, stress, hormones) & Medicines (eg, name, dose) & Other (as instructed by your doctor) \\
\hline
1 & & & & \\
\hline
2 & & & & \\
\hline
3 & & & & \\
\hline
4 & & & & \\
\hline
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Avoid Triggers and Make Positive, Healthy Changes¹-³

**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

<table>
<thead>
<tr>
<th>Relaxation Training/ Stress Management</th>
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<tbody>
<tr>
<td>- Deep breathing</td>
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<tr>
<td>- Meditation and yoga</td>
</tr>
<tr>
<td>- Progressive muscle relaxation</td>
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<tr>
<td>- Guided visual imagery</td>
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<tr>
<th>Maintain a Healthy Lifestyle</th>
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<tbody>
<tr>
<td>- Exercise</td>
</tr>
<tr>
<td>- Weight reduction</td>
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<tr>
<td>- Regular and healthy diet</td>
</tr>
<tr>
<td>- Regular sleep pattern</td>
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<tr>
<td>- Stress management</td>
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</tbody>
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<tr>
<th>Behavioral Treatment</th>
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<tbody>
<tr>
<td>- Biofeedback therapy</td>
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<tr>
<td>- Cognitive behavioral therapy</td>
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<tr>
<th>Education and Empowerment</th>
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<tbody>
<tr>
<td>- Use migraine diaries</td>
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<tr>
<td>- Understand treatment options</td>
</tr>
<tr>
<td>- Explore websites for education and tools:</td>
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<tr>
<td>- headaches.org</td>
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<tr>
<td>- americanheadachesociety.org</td>
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<tr>
<td>- MyChronicMigraine.com</td>
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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\textsuperscript{1,2}
- 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\textsuperscript{1,2}:
  
<table>
<thead>
<tr>
<th>Acute</th>
<th>Preventive</th>
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<tbody>
<tr>
<td>Help stop headache/migraine pain during an attack</td>
<td>Help stop headache/migraine from happening</td>
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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

- **American Headache Society (AHS)**
  americanheadachesociety.org

- **American Migraine Foundation**
  americanmigrainefoundation.org

- **Migraine Research Foundation**
  migraineresearchfoundation.org

- **National Headache Foundation (NHF)**
  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

— Good communication with your physician is important
  ▪ Sharing the right information can help lead to an accurate diagnosis and better treatment plan

— Empowerment can improve your Chronic Migraine
  ▪ Keep a headache diary, avoid triggers, and practice a healthy lifestyle

— Talk to your doctor about treatment options
  ▪ Acute and preventive medicine options are available

— Learn more and find a Headache Specialist at MyChronicMigraine.com

QUESTIONS
Bibliography


THANK YOU