Understanding Chronic Migraine

Learn about diagnosis, management, and treatment options for this migraine disease
What We’re Going to Cover Today

• The symptoms and phases of migraine
• Differences between episodic migraine and Chronic Migraine
• Understanding the stigma of 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 disease
First, What Is Migraine Disease?

- Migraine disease is identified by headache with pain that can last from 4 hours to 3 days
  - 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 a migraine begins
- Triggers or certain things from your everyday life can cause a headache/migraine attack (eg, stress or hormonal changes)
- Migraine is a common disease, yet often goes undiagnosed
What Are the Phases and Symptoms of Migraine Disease?

• Migraine symptoms and phases may vary from person to person and from attack to attack

- **Prodrome**
  Before headache pain begins

- **Aura**
  Before headache pain begins

- **Headache**

- **Postdrome**
  After most headache pain ends

Each phase has its own symptoms and time frame
Prodrome Phase: Before Headache Pain Begins

**Typical symptoms**
- Tiredness
- Difficulty concentrating
- Sensitivity to light and sound
- Elated mood
- Depression
- Unusual hunger or food cravings

**Duration**
A few hours to a couple of days
Aura Phase: Before Headache Pain Begins

- **Typical symptoms**
  - Changes in vision, sensation, or speech

- **Duration**
  - Each symptom may last 5 to 60 minutes
Headache Phase

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

4 to 72 hours
Postdrome Phase: After Most Headache Pain Subsides

- Continued headache
- Tiredness
- Depression
- Euphoria
- Sensitivity to light and sound

Typical symptoms

Duration: 0 to 24+ hours
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.”

Real patient quotes.
The Impact of Chronic Migraine

- You might have a headache/migraine attack or worry when the next one will start
Currently, about 3.3 million Americans live with Chronic Migraine

Based on findings from a 2010 publication summarizing global Chronic Migraine prevalence rates.
Two Types of Migraine Disease (Defined by Headache Frequency)

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 has migraine features
Chronic Migraine Has More Negative Impact on People’s Lives Than Episodic Migraine

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

- Report longer-lasting headaches with more intense pain
- Have greater headache-related disability
- Are more likely to miss:
  - Work or school
  - Family activities
  - Household work
- Experience the following conditions more often:
  - Allergies/Hay fever
  - Sinusitis
  - Depression
  - High cholesterol
  - High blood pressure
  - Depression
  - Anemia
  - Hypertension
  - Arthritis
  - Chronic pain
  - Anxiety
  - Obesity
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.”

Real patient quotes.
Chronic Migraine Leads to Changes in the Brain

• In people with frequent migraine attacks, studies have shown:
  – Higher amounts of iron in certain parts of the brain
    > This may lower the brain’s ability to control specific signals
  – Increased activity in the areas of the brain that regulate pain
    > These areas remain overactive between attacks
  – The more your brain is exposed to migraine, the more likely you’ll experience another attack
Voices on Living With Chronic Migraine

“It’s so frustrating when no one takes my migraines seriously. It’s not just in my head, but sometimes I do wonder if I’m making it into a bigger deal than it really is.”

“No one gets the pain I’m in or how tired I feel. I find myself just powering through it. There doesn’t seem to be any other option.”

Quotes written based on real patient experiences.
Myths About Migraine Disease

• Migraine disease…
  – Affects women only
  – Is a headache (as opposed to a neurological disease)

• People living with migraine disease…
  – Are emotionally fragile or weak
  – Cannot handle stressful situations or high-stress jobs
  – Are unreliable
  – Exaggerate or fake their symptoms
Migraine disease misconceptions
Negative ideas about migraine impact your access to care and disease education

Feelings of doubt
The seriousness of the disease isn’t fully realized and you start to doubt the legitimacy of your condition

Reluctance to speak up
You may decide to “power through,” putting off treatment or not sharing the full range of symptoms

The cycle continues
Lack of treatment means your condition is not managed and misconceptions of migraine continue or worsen
Shedding the Stigma of Migraine Disease

• Help alleviate the stigma of Chronic Migraine by speaking up
  – Be vocal about how the disease affects your everyday life
  – Don’t be afraid to tell others when you’re not feeling supported
• Choosing the right words may help you to better explain your disease to others
• Open communication with your doctor is especially important
Talking to Your Doctor About Chronic Migraine

- Being prepared for your appointment can help
The Right Information Is Very Important

- Share as much as possible about your migraine disease
- Track your symptoms for several months so you can give your doctor a complete picture of your headache/migraine days
- Tracking headache/migraine attacks is important:
  - To help get the right diagnosis
  - To help guide a discussion with your doctor
  - To help provide information that may be required by your insurer
  - To help monitor progress and see if a treatment is working

In a study of 126 Chronic Migraine patients...

75% weren’t properly diagnosed
Tell Your Doctor About Headache/Migraine FREQUENCY

• On average, how many days each month do you experience headache/migraine 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/Migraine SYMPTOMS

• Do you experience any of the following with your headache/migraine?
  – 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 About These CONDITIONS That May Be Associated With Chronic Migraine

- Do you experience any other conditions?
  - Allergies/Hay fever
  - Sinusitis
  - Depression
  - High cholesterol
  - High blood pressure
  - Arthritis
  - Chronic pain
  - Anxiety
  - Obesity
Tell Your Doctor How Headache/Migraine AFFECTS YOUR LIFE

• Does headache/migraine interfere with work or school?
• How does headache/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
- Fill out a headache tracker prior to your visit

Visit hcp.mychronicmigraine.com/#documentation to download these resources before your appointment or ask your doctor about them at your appointment.
Chronic Migraine Management

Learn what you can do for yourself and your health
Know the Common Triggers That May Cause an Attack

2 most common triggers:
- Stress
- Hormonal changes

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
- Overusing certain migraine medication

Triggers can be managed:
Avoiding your triggers when possible and creating healthy habits may help you reduce the frequency of your headaches/migraines.
Keep a Headache Tracker

- Good way to track your headaches/migraine attacks
  - 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
Avoid Triggers and Make Positive, Healthy Changes

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 headaches/migraines
Practice Self-Care

**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 headache/migraine trackers
- Understand treatment options
- Explore websites for education and tools:
  - Headaches.org
  - AmericanHeadacheSociety.org
  - MyChronicMigraine.com

Maintain a healthy lifestyle

**Deep breathing**

**Meditation and yoga**

**Progressive muscle relaxation**

**Guided visual imagery**

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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/migraine frequency
• Talking to a Headache Specialist about your headaches/migraines and goals will help determine your treatment and management plans
• Ways to manage Chronic Migraine include non-drug treatments, devices, and medicine
  – Two types of medicine to help manage headaches/migraines are:

  Acute
  Help stop headache/migraine pain during an attack

  Preventive
  Help prevent headache/migraine before they even start
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 Society (AHS)**
  americanheadachesociety.org

- **American Migraine Foundation**
  americanmigrainefoundation.org

- **The Coalition For Headache and Migraine Patients (CHAMP)**
  headachemigraine.org

- **Migraine Research Foundation**
  migraineresearchfoundation.org

- **National Headache Foundation (NHF)**
  headaches.org
Summary of Topics Covered Today

• Chronic Migraine is a complex disease
  – 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 tracker, 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
References

References (continued)
