

Migraine Prevention Resources



Quick Facts



The World Health Organization places migraine as **one of the 10 most disabling medical conditions** on Earth

Nonspecific oral preventative medications reduce headache frequency **by half in about 40% of patients** who take them, but more than 80% discontinue them by 12 months



An estimated **148 million people in the world** suffer from chronic migraine

Fewer than 5% have been seen by a healthcare provider, received an accurate diagnosis, and obtained appropriate care



Migraine is **3 times more common in women than men**; it affects **more than 30% of women over a lifetime**



For more information and educational programs on migraine prevention please visit clinicaloptions.com/MigrainePI.



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Resources

Migraine Information:

- American Headache Society
- International Classification of Headache Disorders (ICHD)
- International Headache Society (IHS) Resources & Events
- Migraine Resources & Support | American Migraine Foundation

Patient Resources:

- Patient Advocate Foundation | Migraine Matters
- Miles for Migraine: The Race for a Cure
- Patient Resources | Association of Migraine Disorders

Prescription Assistance Resources:

- Migraine - HealthWell Foundation
- Migraine CareLine – 800-532-5274, option 2
- Headache Medicine Medication Access Resource Database

The currently available major prophylactic medications for migraine work via one of the following mechanisms:

- 5-HT₂ antagonism – Methysergide
- Regulation of voltage-gated ion channels – Calcium channel blockers
- Modulation of central neurotransmitters – Beta blockers, tricyclic antidepressants
- Enhancing gamma-aminobutyric acid-ergic (GABAergic) inhibition – Valproic acid, gabapentin
- Prevention of acetylcholine from presynaptic membrane – Botulinum toxin
- Calcitonin gene-related peptide (CGRP) inhibition – Atogepant, eptinezumab, erenumab, fremanezumab, galcanezumab

References

American Migraine Foundation. The facts about migraine. americanmigrainefoundation.org/resource-library/migraine-facts/. Accessed September 5, 2023.