

RECURRENT HEADACHE

- Typically Unilateral
- Nausea/Vomiting
- Throbbing
- Sensitive to Light/ Noise

TRIGGERS

- Lack of Sleep
- Dehydration
- Barometric Pressure Changes
- Fasting
- Hormonal Changes
- Family History of Headache



MIGRAINE



GOALS OF TREATMENT

- Prevention: Decrease frequency & severity
- Avoid medication overuse*
- Improve quality of Life

Rule Out Secondary Headache

- First, Worst
- Different
- Persistent
- Focal Neuro Deficits
- Systemic Symptoms

ABORTIVE

Initiate for **ALL** headache patients
* All abortive meds, **except Naproxen**, are associated with medication overuse if taken > 2/week.

TRIPTANS

USE:
Take at onset, may repeat once in 2 hours, no more than 2 per day and 2 days per week.

AVOID:
Elderly, History of Stroke, MI, Migraine with Syncope or Stroke-Like Symptoms, Vascular Disease

Sumatriptan: 25 - 100mg
Zolmitriptan: 2.5 - 5mg
Rizatriptan: 5 - 10mg
Eletriptan: 20 - 40mg

NSAIDS

Naproxen: 375 - 500mg q12 hours prn
Diclofenac: 25 - 50mg q12 hours prn

ANTI-EMETICS

Prochlorperazine: 5 - 10mg q8 hours prn
Precautions/AR:

- Hypotension
- Bradycardia
- Depression

Promethazine: 25mg q8 hours prn
Precautions/AR:

- Dystonia Reaction
- Drowsiness
- Long Term Dyskinesia

PREVENTIVE

Initiate if ≥ 2 disabling headaches per month; **OR** ≥ 4 headaches per month regardless of severity; Aggressive Treatment if ≥ 8 headached per month.

GUIDELINES TO TREATMENT

- Select preventives based on comorbidities to avoid polypharmacy
- Start at a low dose, allow 6 - 8 weeks for each dose, titrate slowly to avoid side effects and allow time to work
- Titrate depending on response. Utilize the lowest effective dose
- Identify and mitigate against triggers
- Migraine Education: Dr. Dees booklet

BLOOD PRESSURE MEDICATION

Prochlorperazine: 5 - 10mg q8 hours prn
Precautions/AR:

- Hypotension
- Bradycardia
- Depression

Cardesartan: 4 - 32mg/day
Precautions/AR:

- Hypotension

ANTIDEPRESSANTS

Venlafaxine ER: 37.5 - 225mg/day
Precautions/AR:

- Nausea/Vomiting on initiation
- Weight Loss
- Vivid Dreams

Amitriptyline or Nortriptyline: 10 - 100mg at night
Precautions/AR:

- Cardiac Disease
- Bipolar Disorder
- Elderly
- Urinary Retention
- Constipation
- Weight Gain

SEIZURE MEDICATION

Topiramate: 25 - 200mg /day bid dosing
Precautions/AR:

- Renal Stones
- Glaucoma
- Cognitive Issues
- Weight Loss

Divalproex XR: 250 - 200mg /day bid dosing
Precautions/AR:

- Renal Stones
- Glaucoma
- Cognitive Issues
- Weight Loss

OTHER

Magnesium Oxide: 250 - 500mg /day bid dosing
Precautions/AR:

- Loose Stools
- Stomach Upset
- Kidney Disease