Your migraine is treatable and preventable.
That's the scientific news from migraine experts. And it means that even though your migraine is a complex biological
disease, there is something you can do now.

Your doctor can help.
To help you treat and prevent your migraine, migraine experts have developed guidelines for your doctor. Guidelines
give recommendations based on the best scientific evidence available. The latest migraine guidelines were issued by the
US Headache Consortium—made up of seven of the country's top medical and patient groups—who studied more than
20 years of scientific evidence to determine the best possible care for your migraine.

You can help too.
You can use the migraine guidelines too. This special version of the guidelines is designed especially for you to take to
your doctor to discuss your migraine treatment. Because migraine is complex and varies in frequency, length, and
severity, it is important that you work with your doctor to develop an individualized plan to treat and prevent your
migraine symptoms.

Please take this information to your doctor on your next visit to help you start a conversation about your current
migraine treatment or new options.

Option: Migraines are treatable with medication
When you have a migraine, you want your headache
treated quickly, effectively and without side effects.
You don't want a migraine to interfere with your life.
Your doctors can often suggest a medication that will
provide relief:

Guide:
• Ask about specific migraine medications that are available.
  Your doctor will choose your medication based on the
  severity and frequency of your symptoms.
• Avoid oral medications if you have vomiting or nausea.
• Ask about special medications which may help you
  avoid a trip to the emergency room. These are called
  “rescue” medications.
• Avoid using medication too often. It can cause even
  more headaches—called “rebound” headaches.

Option: Migraines are treatable with lifestyle changes
Many times lifestyle changes such as avoiding certain
foods, getting more sleep or managing your stress can
help treat your migraine. You may talk with your doctor
about lifestyle changes that may provide some relief:

Guide:
• Ask about relaxation training, biofeedback therapy or
  stress management with your medications.

Goal: Migraines are preventable
If you have migraines more than twice a week and
medication is not working or is causing side effects, there
are daily medications that can help. Your doctor may
recommend that you combine lifestyle modification with
medications to treat and prevent migraines.

Guide:
• Use a diary or calendar to help you identify “triggers”
  such as chocolate or red wine.
• Combine lifestyle modifications with medication to
  treat and prevent migraines.
Additional Testing
The guidelines show neuroimaging, such as CT scans or MRI, is not necessary to treat a typical migraine. Your doctor may choose to do special testing if you do not respond to treatment or if your condition is unusual.

Talking to Your Doctor
Your first step to a personalized plan is to talk to your doctor. You’ll work together to develop a plan that makes sense based on your personal medical history and your lifestyle. By talking with your doctor about your expectations and preferences, you’ll be able to develop a plan that works best for you.

What are your migraine management options?
You may not realize how many options are available for migraine treatment and prevention. The chart below highlights the various medications and lifestyle changes to discuss with your doctor and develop your personalized plan.

<table>
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<th>Migraine-specific treatment medications</th>
<th>Nonspecific treatment medications</th>
<th>Anti-nausea and other symptom-preventing medications</th>
<th>Preventive medications</th>
<th>Behavior modification treatment and prevention</th>
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<td>• Barbiturate hypnotics</td>
<td>• Antiemetics</td>
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<tr>
<td>• Triptans</td>
<td>• NSAIDS – combination analgesics and nonopioid, analgesics</td>
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<tr>
<td>• Opioid</td>
<td>• Opioid</td>
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<td>• Beta-blockers</td>
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For more information
For the complete headache guidelines, visit the American Academy of Neurology’s web site at www.aan.com.