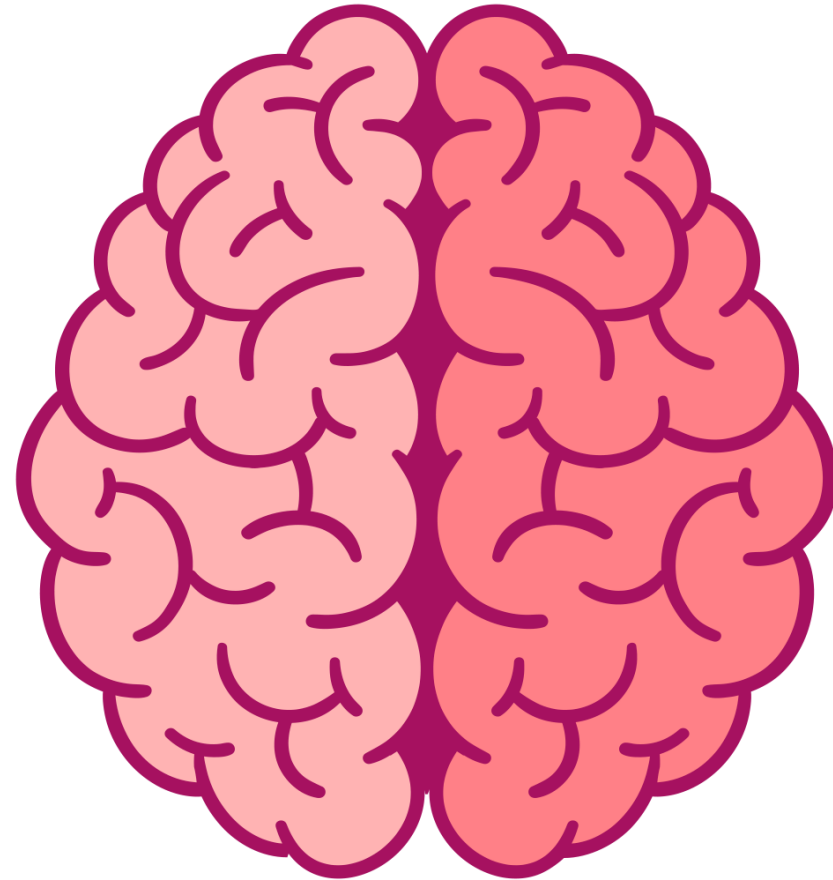


Key Strategies for Pharmacologic Migraine Management

Laurel Short, DNP, FNP-C, CAQ



Disclosure

- Speaker's Bureau, Abbvie: botulinum toxin, atogepant, ubrogepant
- All relevant financial relationships have been mitigated

Quiz Your Current Migraine Knowledge

Which type of migraine is most common?

- a) Chronic migraine
- b) Migraine with aura
- c) Episodic migraine
- d) Migraine associated with analgesic overuse

Which of the following are CGRP antagonist medications for acute therapy?

- a) atogepant
- b) ubrogepant
- c) erenumab
- d) lasmiditan

Objectives

- Identify current diagnostic criteria for episodic and chronic migraine
- Describe pharmacologic options for acute and preventive migraine treatment
- Understand mechanism of action for newer migraine-specific CGRP antagonist medications

Chronic Migraine Burden of Disease



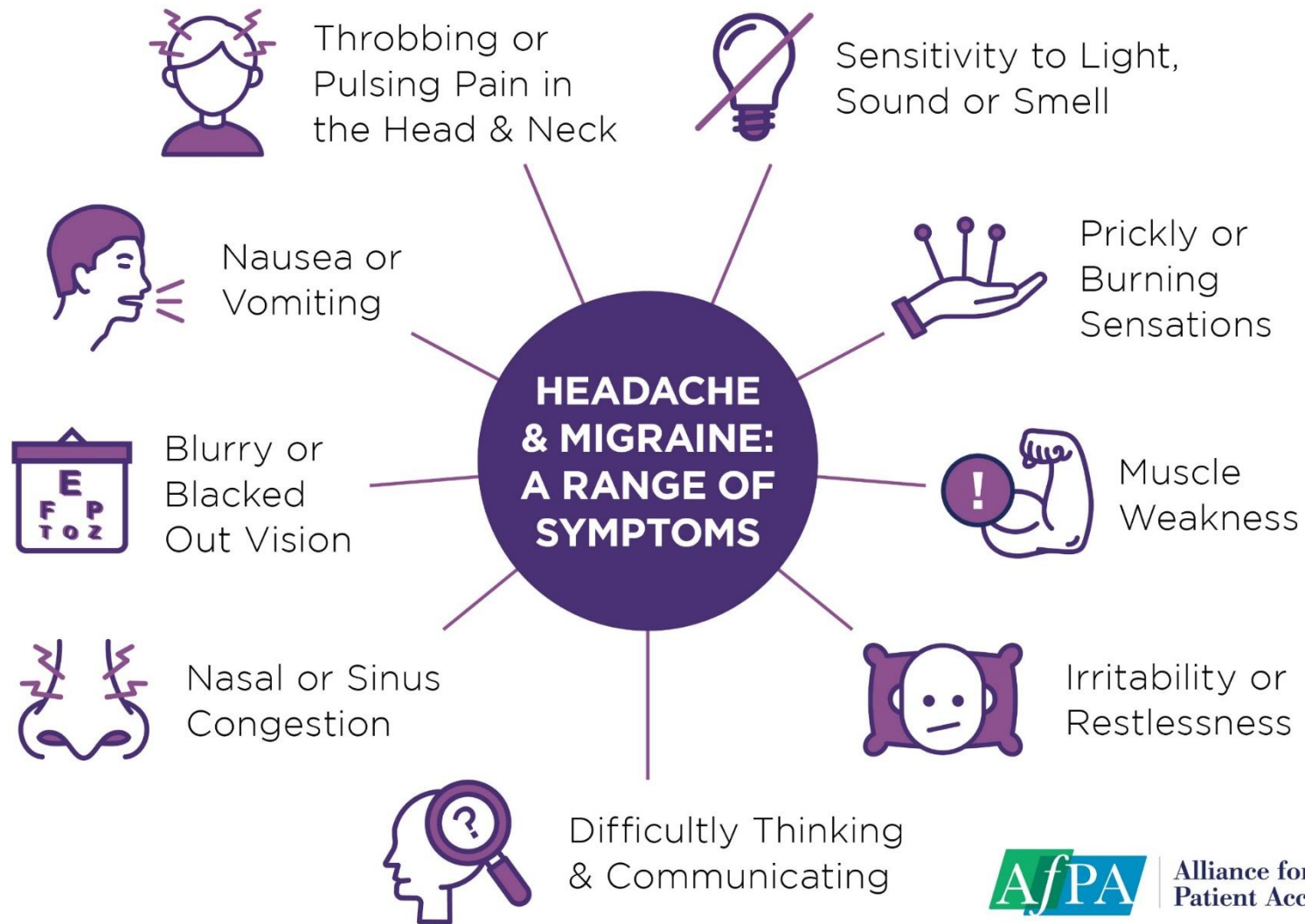
One of the top 10 causes of disability



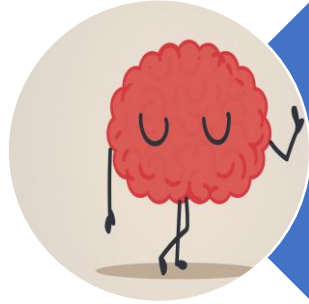
In top 5 reasons for ED visits



>\$13 billion decreased productivity/year



Migraine ID-3



Has a headache limited your activities for a day or more in the past 3 months?



Are you nauseated or sick to your stomach when you have a headache?



Does light bother you when you have a headache?

Risk factors for Episodic Chronic Migraine

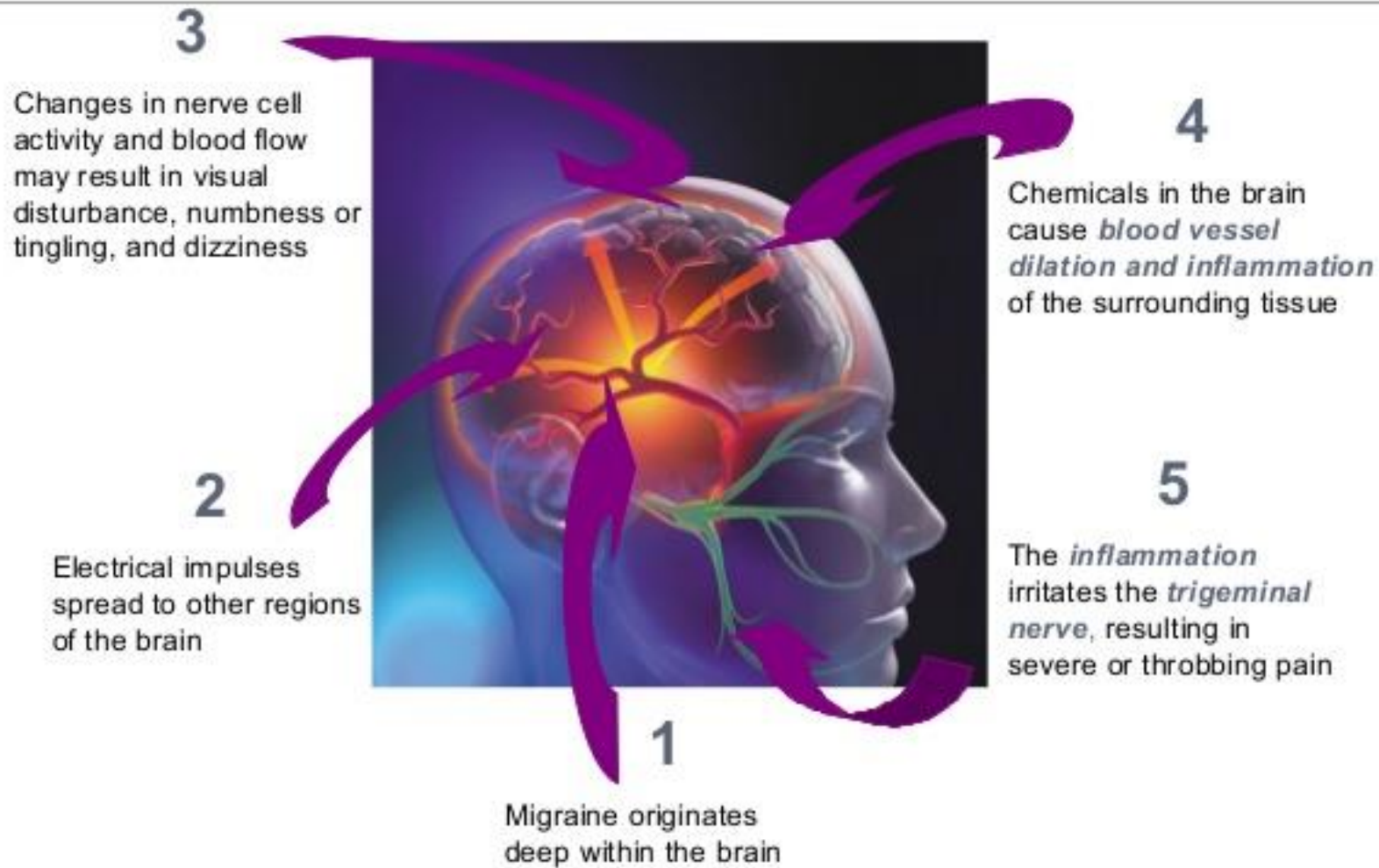
Nonmodifiable

- Female gender
- Middle-age
- Lower-income, full-time work
- White or Hispanic
- Family history

Modifiable

- Medication Overuse
- Comorbid pain
- Psychiatric co-morbidity
- Obesity
- Excessive caffeine intake
- Sleep-related disorders
- Stress

What Causes Migraine?



Should I Order Diagnostic Testing?

The Latest from American Headache Society

1. Do not perform neuroimaging studies in patients with stable headaches that meet criteria for Chronic Migraine
2. Do not perform computed tomography (CT) imaging for headache when magnetic resonance imaging (MRI) is available, except in emergency settings
3. Mnemonic “SNOOP” (American Headache Society)

SNOOP

S -- Systemic Symptoms

For instance, if a person has cancer, a new headache could be a sign that the cancer has spread to the brain.

N -- Neurological Signs or Symptoms

Changes in cognition or mental functioning, or deficits in one or more areas of the body, like weakness or loss of. Could be an indication of a stroke, mass in the brain, or other vascular or autoimmune process in the nervous system.

O -- Onset

Headaches that hit suddenly and severely, without warning, also called thunderclap headaches, can be a sign of CVA, especially subarachnoid hemorrhage.

O -- Older Age of Onset

Age 50 or older — one type of headache that can newly develop in middle-age is giant cell arteritis.

P -- Prior Headache History, Pregnancy, Positional

Pay attention if the severity, frequency, or type of headache changes.

Treatment: A Multimodal Toolkit



Preventive Medications

Level A

Topiramate

OnabotulinumtoxinA

Level B

Antidepressants

Beta-blockers

(Triptans)

Level A: Established as Effective

- Topiramate 25-200mg/day
- Propranolol 10-240mg/day (Note wide dose range!)
- Metoprolol 47.5-200mg/day; Timolol 10-15mg/day
- OnabotulinumtoxinA 155 units every 12 weeks
- Divalproex/sodium valproate 400-1000mg/day

Chronic Migraine: Defined

Headache frequency ≥ 15 days per month for ≥ 3 months

Lifetime history of \geq migraine attacks (with or without aura)

Episodes ≥ 4 hours

≥ 8 headache days per month that fulfill criteria for migraine

Migraine pain characteristics and nausea, photophobia, phonophobia, osmophobia, aggravation of pain with activity

Usually relieved by triptans or ergots

With or without medication overuse (MOH)



Common Side Effects

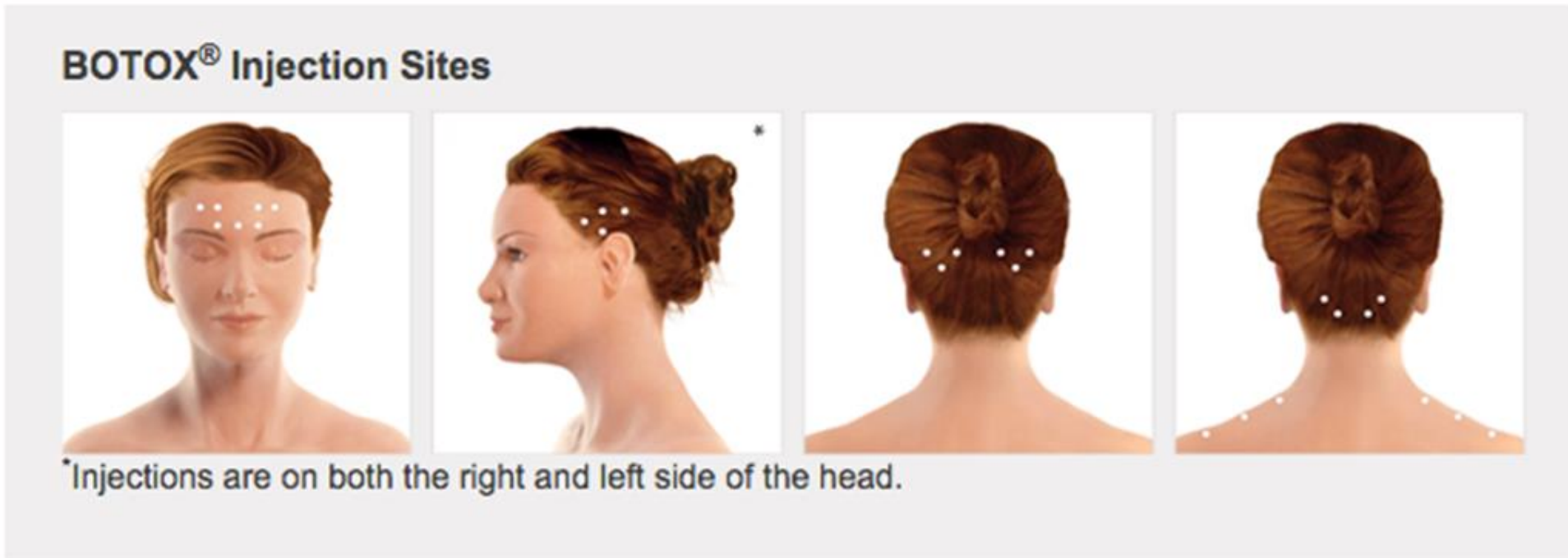
Beta Blocker: Drowsiness, fatigue, lethargy, hypotension, bradycardia

Anti-Seizure

- Topiramate: Paresthesia, concentration and memory difficulty, word finding, decreased appetite, taste perversion
- Divalproex Sodium: Weight Gain, GI distress, tremor, alopecia

OnabotulinumtoxinA

Possible SE: Headache, exacerbation of migraine, facial paresis, injection site pain, neck pain, myalgia



Level B: Probably Effective

- Amitriptyline 25-150mg/day (take in evening)
- Naproxen 500-1100mg/day; Ketoprofen 50mg tid; Ibuprofen 200mg bid
- Magnesium 200-600mg/day (take in evening)
- Venlafaxine 150mg extended release/day

Common Side Effects

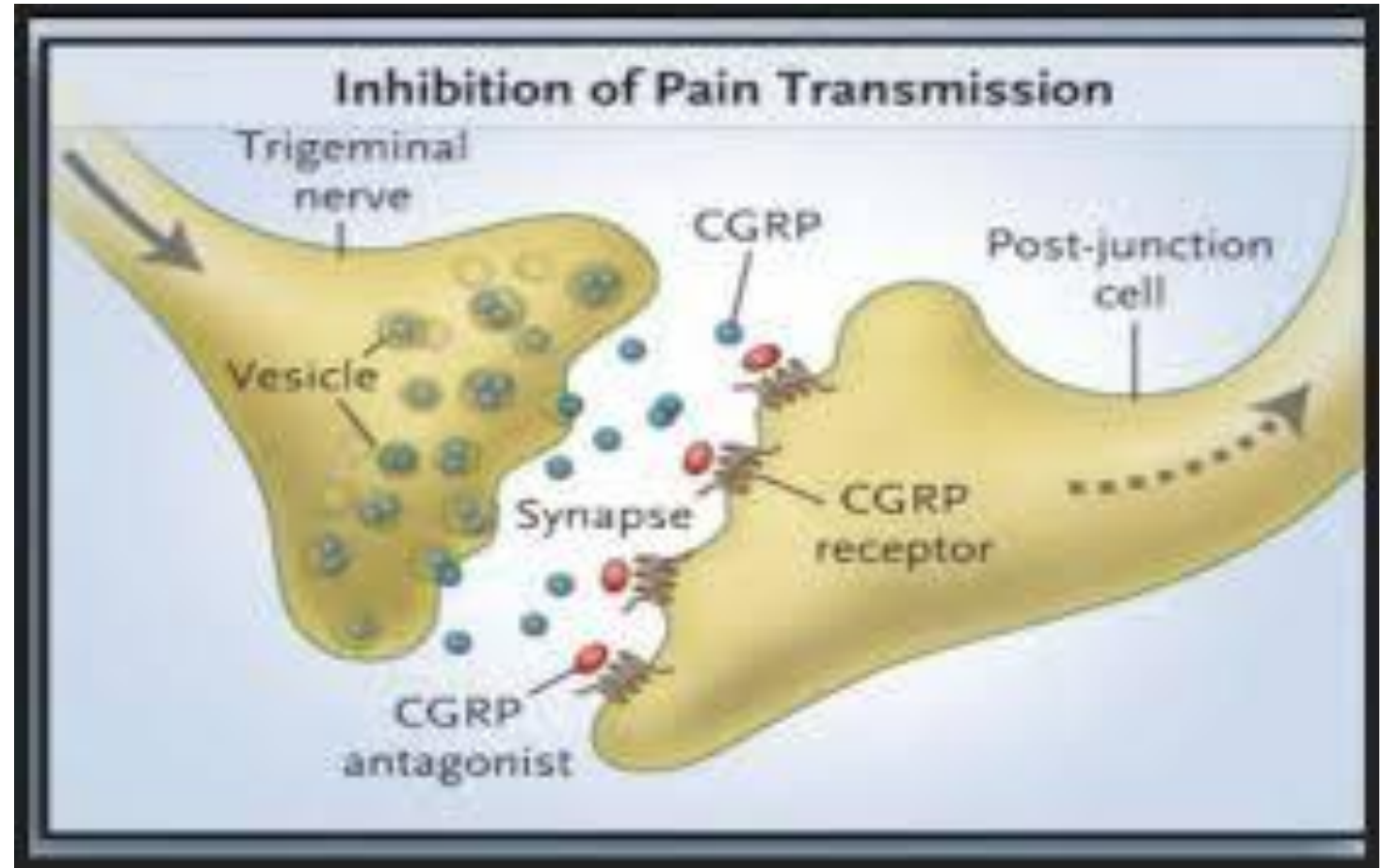
- **Tricyclic Antidepressants:** dry mouth, constipation, dizziness, confusion, tachycardia, QT interval prolongation, weight gain, sedation
- **NSAID:** Gastritis, GI ulcer, GERD, HTN, anticoagulation
- **SNRI:** nausea, constipation, sleep difficulty, dizziness, weight change, decreased sex drive, drowsiness, blurred vision

Calcitonin Gene-Related Peptide Inhibitors

Block the effect of CGRP, a small protein highly prevalent in sensory neurons of the head and neck

CGRP is involved in pain transmission and severity during migraine episodes

May have a causative role in the induction of a migraine attack



CGRP Inhibitors

Monoclonal Antibodies SC Injection

- Erenumab 70 or 140mg/month
- Fremanezumab 225mg/month
- Galcanezumab 150mg/month

Gepants (Receptor Antagonists)

- Atogepant
- Rimegepant

CGRP Considerations

- ✓ Safety unknown in pregnancy or lactation
- ✓ No guidelines on concomitant therapy with other preventive migraine medications
- ✓ Cost/Insurance coverage

Pearls for Preventive Medications



- Adequate length of trial and dosage titration
- Combo of 2 classes may be synergistic
- Use of migraine diary to track response
- Increase frequency of follow-ups when working on migraine management

Acute Medications

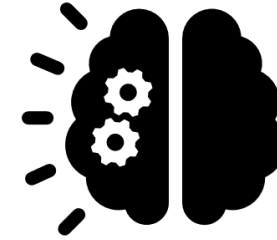
Level A

Analgesics
Ergots (DHE nasal)
NSAIDs
Triptans
Drug Combos
GePants

Level B

Antiemetics
Ergots (IV, IM, SC, oral)
NSAIDs
Other (magnesium)
Combos

Additional Newer Medications



Lasmiditan: activation of 5-HT_{1F} receptors

- Peripheral and central effect
- May inhibit pain pathways, inhibit release of neurotransmitters; neuropeptides
- Does not cause vasoconstriction

Intranasal DHE: agonist of the 5-HT_{1B}, 5-HT_{1D}, and 5-HT_{1F} receptors

- Rapid onset
- May be beneficial for those with partial response to other acute meds of breakthrough symptoms
- Caution with CYP3A4 inhibitors
- Contraindicated with cardiac disease and uncontrolled HTN

Acute Med Key Points

Stratified care / Migraine Action Plan- Present the “menu”

Remember to treat nausea prn

Triptans: Caution with HTN, those with cardiac history

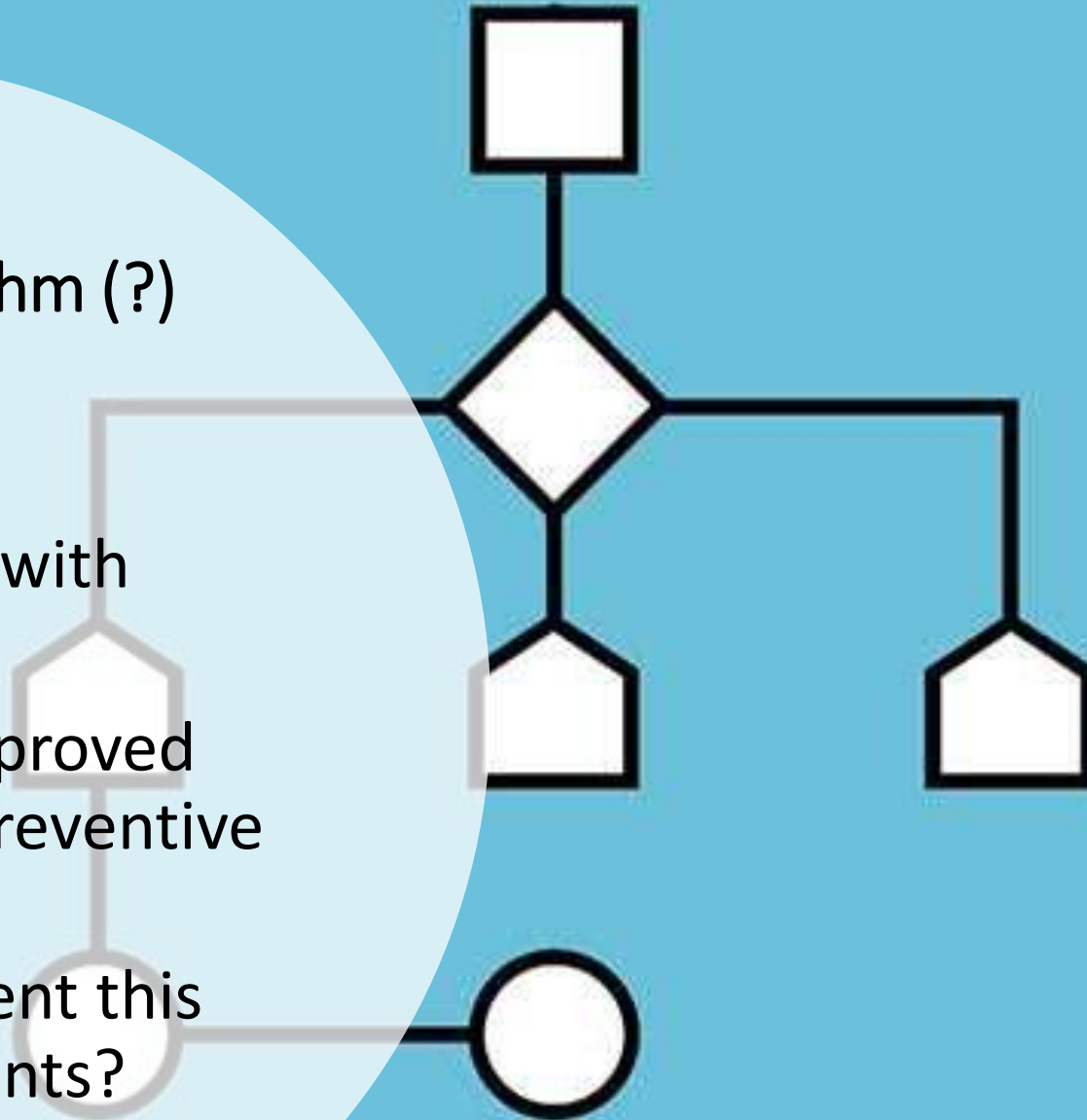
- May need to trial multiple to find most effective
- Try different route of administration!
- Patient ed on “triptan sensations”
- Ok to combine with NSAID and/or nausea med

Updates to Algorithm (?)

Ubrogepant- gepant with acute use indication

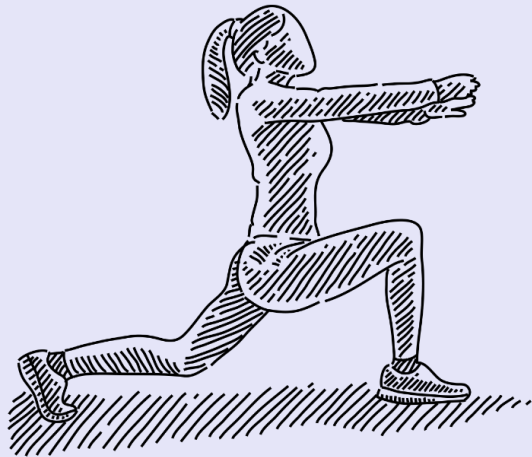
Rimegepant- FDA approved for both acute and preventive use

- How to best present this approach to patients?



Self-Management

Yourmigrainetoolkit.com



Counsel on use of
preventive and acute
medications

Migraine Action Plan

Self-management
strategies similar to other
chronic diseases such as
asthma and diabetes

Lifestyle

- Avoid triggers (as able to identify)
- Exercise
- Reduce caffeine
- Treat comorbidities
- Regular mealtimes/snacks (keep blood sugar stable)



Complementary

- Physical Therapy
- Mind/body strategies
- Manual therapies
- Physical Activity
- Nutraceuticals



Comorbidities



Comorbid
pain

Psychiatric
diagnoses

Obesity

Neurologic
disorders

Respiratory
Disorders

Resources

- www.yourmigrainetoolkit.com
- *Explain Pain* by David Butler
- Turning Point: Turningpointkc.org
- Dawn Buse, PhD: dawnbuse.com (audio for relaxation)
- Free yoga:
<https://www.youtube.com/user/yogawithadriene>
- Podcasts: Spotlight on Migraine, Pain Reframed, and Concussion Doc
- Laurel's interview June 2020 at
<https://www.justsomepodcast.com/>



Resources Cont.

- To find biofeedback:
<http://www.resourcenter.net/scripts/4disapi9.dll/4dcgi/resctr/search.html?>
- US Pain Foundation: <https://www.uspainfoundation.org/>
- Nutrition and chronic pain (journal issue from Practical Pain Management):
<https://www.practicalpainmanagement.com/treatments/complementary/diet-patients-chronic-pain>
- Headache specialty certification- <http://www.headaches.org/caq/>

Assessment Tools



- Headache Impact Test (HIT)

<http://www.bash.org.uk/wp-content/uploads/2012/07/English.pdf>

- Migraine Disability Assessment Tool (MIDAS)

<http://www.headaches.org/wp-content/uploads/2015/01/MIDAS.pdf?x92687>

- Tracking Apps: Headache Diary, iHeadache, Migraine Buddy, Migraine Checked

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Images/graphics: Unless otherwise noted, all images/graphics are from open sources or property of Laurel Short

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