

# SURVEY REPORT

## Combination Therapy for Migraine



Migraine Meanderings and the Headache and Migraine Policy Forum recently conducted an online survey to better understand the experience people with migraine have with combination therapy for migraine. 516 responses were gathered via social media and email.

### THE RESULTS



#### FREQUENCY

On average, respondents report having migraine:

- 60%** 15 days or more/month
- 25%** 8-14 days/month
- 16%** 1-7 days/month



#### TREATMENT

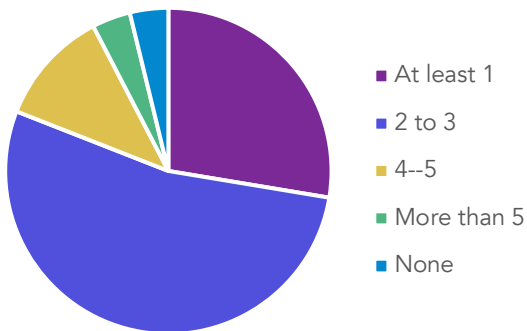
**100% of respondents** take at least one preventive and/or one abortive treatment for migraine.

**65%** say their doctor has discussed different treatment options to create a personalized treatment plan and are open to new options



#### ABORTIVE TREATMENTS

**75% of respondents** have been prescribed more than one abortive treatment at a time.

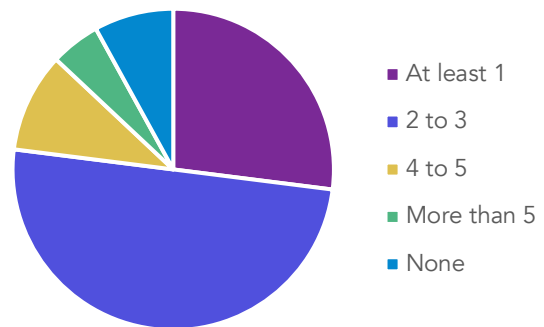


- 60%** have been prescribed a **combination of abortive treatments to stop different types** of migraine attacks.
- About 55%** have been prescribed **fast-acting medications** to take if their regular oral medications don't work or the nausea/vomiting is too severe.



#### PREVENTIVE TREATMENTS

**71% of respondents** have been prescribed more than one preventive treatment at a time.



**42%** of those who **use a combination of preventive treatments** say their number of migraine attacks has **decreased**:

- 22%** experience a **25% decrease**
- 16%** experience a **50% decrease**
- 10%** experience a **75%+ decrease**

*“Having to meet specific criteria in order to access certain types of drugs scripted by my team of professionals is frustrating. They recommend a specific treatment and I can't follow it until I jump through insurance hoops. Insurance companies should not be able to dictate medical steps in my journey to treat my chronic illness. My team of dedicated professionals and I should have a much bigger say in the steps I take.”*

—Survey Respondent



## TREATMENT REDUCTION

44% of those who use a combination of preventive treatments say **the severity of their migraine attacks has decreased, reducing the number of abortive medications they need.**

- 23% experience a 25% reduction
- 16% experience a 50% reduction
- 10% experience a 75%+ reduction



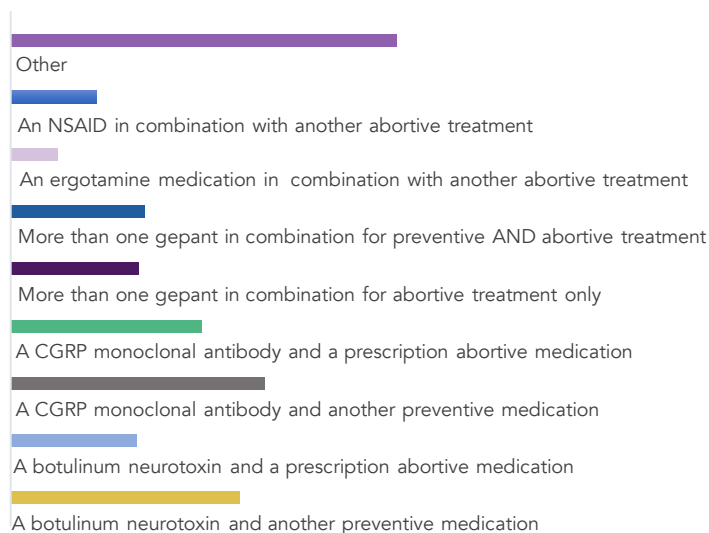
## COMBINATION TREATMENTS

- About **80% have been prescribed a monoclonal antibody** (Aimovig, Emgality, Ajovy, Vyepti) in combination with at least one other **preventive** treatment.
- About **60% have been prescribed a botulinum neurotoxin** (such as Botox, Dysport or Xeomin) in combination with another prescribed **preventive** treatment.
- About **65% have been prescribed a botulinum neurotoxin** (such as Botox, Dysport or Xeomin) in combination with another prescribed **abortive** treatment.
- About **54% been prescribed multiple CGRP inhibitors** for **preventive and/or abortive** treatment.
- Less than **22%** have ever received **preventive medication through IV infusion** in combination with another drug to prevent migraine.

## BARRIERS TO MEDICATION ACCESS

- **68%** of respondents have experienced insurance issues accessing the combination of medications their doctor prescribed.
- **38%** say the inability to access the combination of treatments they need has impacted their ability to manage their migraine and has negatively impacted their quality of life.
- **41%** say the inability to access the combination of treatments they need has negatively impacted their work, career, social life and relationships.

Respondents say their insurance has denied the following combinations of medications:



## SURVEY DEMOGRAPHICS

### GENDER

- 95% female
- 3% male
- 2% other

### AGE

- 65+: 7%
- 56-64: 18%
- 41-55: 41%
- 26-40: 30%
- 18-24: 4%

### INSURANCE TYPE

- 67% Private commercial insurance
- 33% Government-funded insurance
- 10% Other



## PATIENT VOICES

Respondents had the following to say about their experience with combination therapy for migraine

*"Although insurance has denied treatments and medications, I'm often able to access them via coupon programs. So I still am able to get the care that I need."*

*"Eventually things usually go through, but there's a lot of calling the insurance company and doctors and pharmacy before I can actually take what's prescribed."*

*"After an initial rejection, the doctor appealed and I was able to get the medications I needed. The delay was no fun, but the issues were resolved."*

*"My treatment plan has also been limited by what my health insurance is willing to cover."*

*"Step therapy was a huge barrier, as was my doctor's unwillingness to mix CGRP preventives with CGRP abortives."*

*"Unfortunately for me, it comes down to cost and no time to fight it."*

*"Thankfully my doctor and I are constantly going up against my insurance and have gotten things approved. The biggest struggle is the devices as they are expensive and I cannot afford them."*

*"Dealing with Insurance is like playing roulette...you have lots of numbers and hope the ball stops on your number."*

*"Many physicians view combination therapy as unnecessary."*

Thank you to our generous sponsors for donating products:

