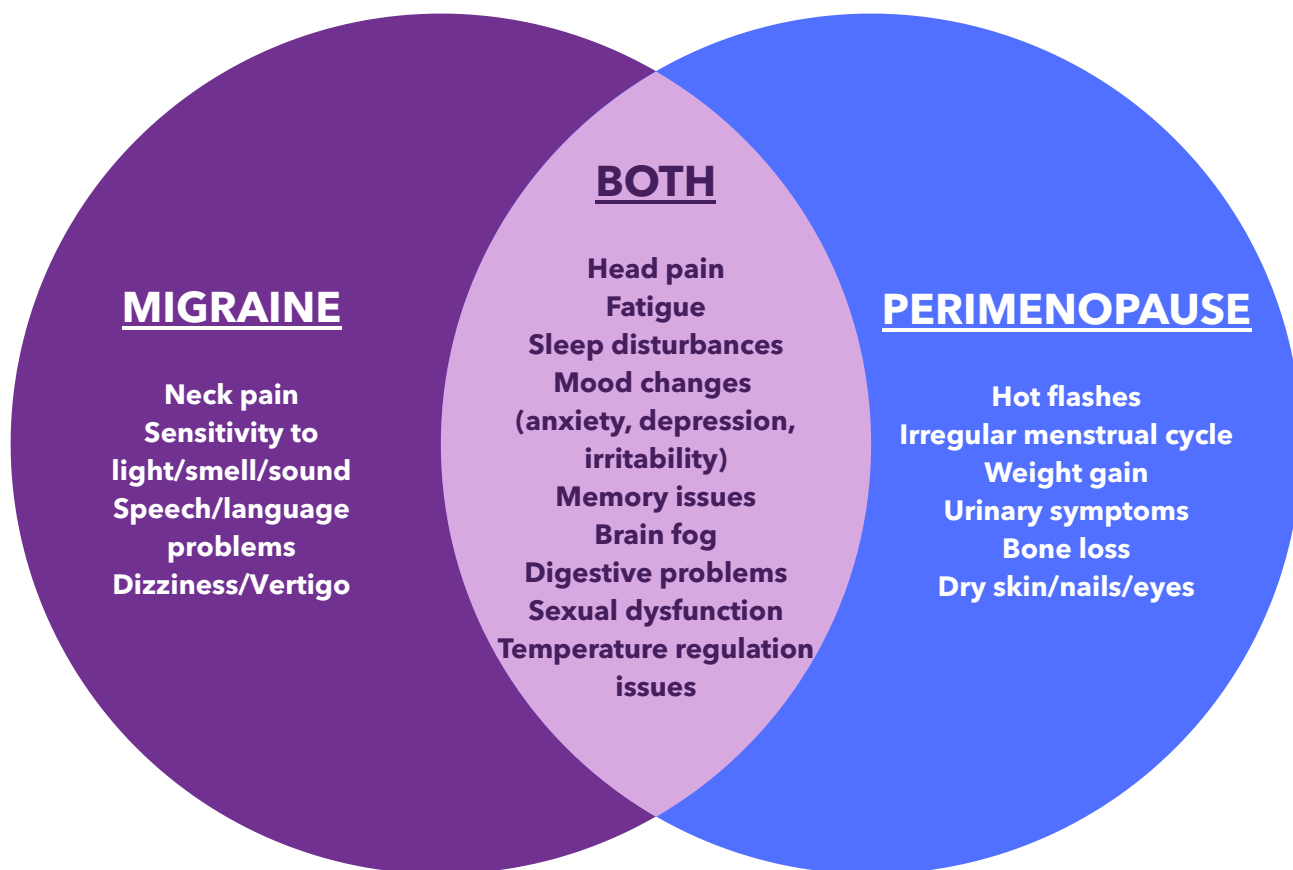


Is it Migraine, Perimenopause or BOTH?



You don't have to settle for living with debilitating symptoms!

A proactive, personalized approach to care is key to preventing migraine progression and reducing its disruptive effects on women's quality of life.

ASK YOUR DOCTOR THE FOLLOWING QUESTIONS:

☐

How do I know if perimenopause is impacting my migraine?

☐

Could treating my mood improve my migraine?

☐

How can we use my symptoms to guide my treatment?

☐

Which lifestyle changes (e.g. sleep, nutrition, exercise) could help?

☐

Can layering treatment options help (e.g. migraine meds, devices + HRT)?

☐

Which supplements I can take to ease my overlapping symptoms?