

Often when we think about migraine care, we think of treating a migraine attack. While effective acute treatment options are important, so is preventive care. With each migraine attack the nervous system becomes more sensitive and vulnerable to future attacks, and the risk of disease chronification becomes greater. But we can take steps to help prevent episodic migraine from getting more frequent or becoming chronic, and with a partnership with your doctor, perseverance, hope and time, it's also possible that chronic migraine can be reversed. Even if you are already chronic, it's never too late to start preventive treatments. It is crucial for people with migraine to seek appropriate and effective preventive care. The key is finding a treatment that works for each individual patient, and this is a trial and error process.

There are currently many new preventive options available and it can be hard to figure out when and how to obtain treatment. Follow the **Preventive Migraine Action Plan** to help determine which options are best for you.

## STEP 1

### KNOW THE SIGNS

If you have **4 or more migraine days per month** or if you experience any of the following, it is time to seek preventive care:

- Attacks are more frequent or severe
- Symptoms are worsening or changing
- Work, education, family, and/or social life is affected
- Other health conditions are impacted
- Taking too many OTC medications (>2 times/week)

## STEP 2

### BE EMPOWERED

Finding the right treatment is a journey that requires perseverance and patience.

#### Be an empowered patient:

- Find a **certified headache specialist** or qualified doctor who you can partner with
- Educate yourself on treatment options
- Learn to advocate for yourself
- Connect with people who understand for support
- Never give up looking for something that helps

## STEP 3

### BUILD YOUR PREVENTIVE CARE TREATMENT TOOLBOX

Talk with your doctor about which of the following options are best for you:



#### Prescription Medications

Preventive/prophylactic medications are used to reduce the severity and frequency of migraine attacks. They come in the form of:

- Oral pills
- Injections
- IV infusion
- Nerve blocks



#### Non-Invasive Medical Devices

Some of the FDA-cleared medical devices can help prevent migraine attacks from starting—without the side effects that sometimes accompany medications.

**Currently, there are 5 devices:**

#### FDA-cleared for prevention

CEFALY®, gammaCore™, SAVI DUAL™

#### In clinical trials for prevention

Nerivio®, Relivion®MG



#### Lifestyle/Integrative Treatments

A holistic approach to migraine treatment often helps yield the best results.

- Make lifestyle changes such as sleep, diet, hydration and exercise
- Take HCP-approved supplements
- Try integrative treatments such as cognitive behavioral therapy, biofeedback, mindfulness, meditation, massage and acupuncture

Learn more at: [MIGRAINEMEANDERINGS.COM/MIGRAINE-TOOLBOX](https://www.migrainemeanderings.com/migraine-toolbox)