

# 4 Steps of MIGRAINE PREVENTION

- 1 Consider preventives if:**
  - 4 or more migraine days per month

- 2 Explain Medication Side Effects**
  - Choice often based on side effect profile
  - May discontinue if side effects not explained

- 3 Set Realistic Expectations**
  - Good response is a 50% reduction in frequency or severity
  - May take 1-3 months to see an effect

- 4 Co-Morbid Disorders May Influence Choice**
  - Antidepressants with Depression
  - Beta Blockers with Hypertension
  - Anticonvulsants with Seizure Disorder
  - Topiramate in the overweight patient

# Step Care Approach for Preventive Therapies

## 1st Line

Tricyclic Antidepressants,  
Beta Blockers, or Topiramate

*Some insurers require failure of 1-2 preventive classes before going to step 2*

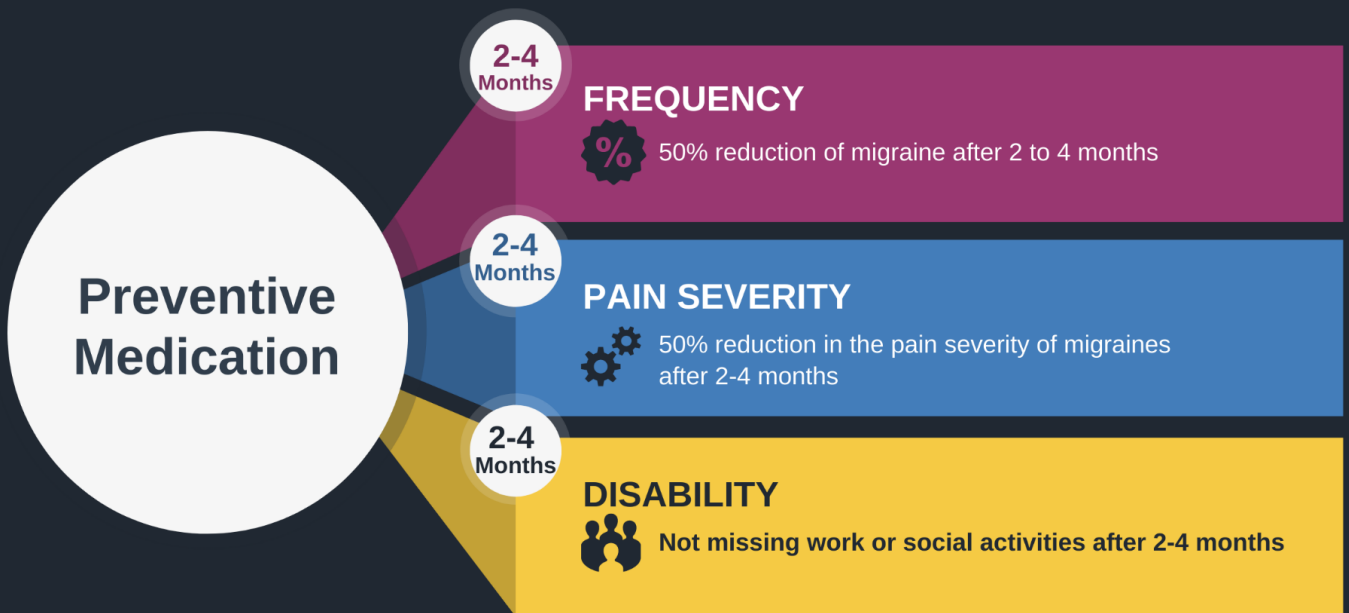
## 2nd Line

Episodic Only: Rimegepant  
Episodic or Chronic: CGRP MABs, Atogepant  
Chronic only: Onabotulinum toxin A

## 3rd Line

Divalproex  
Candesartan

# How Do You Know if Your Preventive Medication is Effective?



To learn more visit us at: [www.PCMigraine.com](http://www.PCMigraine.com)

# How to Develop a **Healthy Diet** to **Reduce Migraine Attacks**



Your best defense is regular and nutritious meals

## Healthy Eating



### 3-Meals Per Day

Schedule three regular meals per day consisting of nutritious meats, fruits and vegetables



### Avoid These

Minimize preservatives, sweets, artificial sweeteners, carbohydrates, alcohol, caffeine and fasting



### Hydrate

Drink eight 8-ounce glasses of water throughout the day. Avoid drinking before bed to prevent sleep disruption

## Anti-Inflammatory Diet

1

Finned-Fish  
such as cod, swordfish  
or wild salmon



2

Grass-fed beef or  
free-range poultry  
no bigger than 8oz



3

Green veggies, nuts,  
chia seeds, flax  
seeds and olive oil



4

Blueberries,  
blackberries, or  
strawberries



# Healthy Lifestyle for MIGRAINE



## 01 Exercise



30 min of moderate physical activity 5-days a week  
Muscle strengthening 2-days a week  
(Consult your healthcare professional prior to starting any exercise program)

## 02 Hydration



Eight 8-ounce glasses of water per day  
Avoid drinks with artificial sweeteners

## 03 Avoid Fasting



Eat 3 regular meals per day  
Eat nutritious food and avoid preservatives

## 04 Manage Stress



Learn relaxation techniques  
(Progressive muscle relaxation,  
guided visual imagery, biofeedback)

## 05 Sleep Hygiene



Consistent sleep 7-9 hours per night  
Avoid large meals, caffeine, and alcohol before  
bedtime

## 06 Minimize Caffeine



Limit to two 8-ounce cups of coffee per day  
Consume the same time and amount each day  
Avoid sodas and energy drinks



## Be Prepared for Migraine Attacks

Things like weather and hormone changes can trigger migraines even if a healthy lifestyle is being practiced. Be prepared by discussing acute and preventive options during healthcare office/virtual visits.