

Migraineur

For those who strive to live well despite migraine

**OPTIMAL
PHARMACOLOGIC
TREATMENT OF ACUTE
MIGRAINE HEADACHE:**

Matching medication to
headache intensity

**MIGRAINE TREATMENTS
OF THE MONTH:**

A root, a spray and an infusion

NO-EXCUSES-ON-GAME-DAY MIGRAINE MEDICINE

MY 9:12 AM

UBRELVY CAN QUICKLY STOP MIGRAINE IN ITS TRACKS.

When I took UBRELVY for the first time, I forgot I even had a migraine.
—Serena Williams

One dose of UBRELVY works fast. In clinical studies, many people had pain relief and some even had pain freedom within 2 hours. Unlike older medicines, UBRELVY directly blocks CGRP protein, which is believed to be a cause of migraine.

UBRELVY. The migraine medicine for anytime, anywhere migraine strikes, without worrying if it's too late to take it or where you happen to be.*

*People took UBRELVY within 4 hours of a migraine attack.



Eligible patients may pay as little as \$0 a month†

ASK YOUR HEALTHCARE PROVIDER ABOUT UBRELVY.

LEARN MORE AT [UBRELVY.COM](https://www.ubrelvy.com).

What is UBRELVY® (ubrogepant)?

UBRELVY is a prescription medicine used for the acute treatment of migraine attacks with or without aura in adults. UBRELVY is not used to prevent migraine headaches.

IMPORTANT SAFETY INFORMATION

Who should not take UBRELVY (ubrogepant)?

Do not take UBRELVY if you are taking medicines known as strong CYP3A4 inhibitors, such as ketoconazole, clarithromycin, itraconazole.

What should I tell my healthcare provider before taking UBRELVY?

Tell your healthcare provider about all your medical conditions, including if you:

- Have liver problems
- Have kidney problems
- Are pregnant or plan to become pregnant
- Are breastfeeding or plan to breastfeed

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter

medicines, vitamins, and herbal supplements. Your healthcare provider can tell you if it is safe to take UBRELVY with other medicines.

What are the most common side effects of UBRELVY?

The most common side effects are nausea (4%) and sleepiness (3%). These are not all of the possible side effects of UBRELVY.

You may report side effects to the FDA at 1-800-FDA-1088.

Please see full Patient Information on the following page.

†Patient out-of-pocket costs may vary. Terms and Conditions apply. This offer is only valid for commercially insured patients. Offer not valid for patients enrolled in Medicare, Medicaid, or other federal or state healthcare programs. Please see full Program Terms, Conditions, and Eligibility Criteria at [UBRELVY.com](https://www.ubrelvy.com).

UBRELVY[®]
(ubrogepant) tablets

**THE ANYTIME, ANYWHERE
MIGRAINE MEDICINE**

10



Migraineur

VOLUME 16/FALL 2022

Special Features

7 Optimal Pharmacologic Treatment of Acute Migraine Headache: Matching medication to headache intensity

25 Shout Out: M&N's Pizza

In Every Issue

10 Migraine Tip of the Month:
Pregnant and migraine out of control?
Consider Botox

14 Migraine Myth of the Month:
Elimination of migraine triggers is highly
effective in reducing migraine burden

17 Migraine Treatments of the Month:
A root, a spray and an intravenous infusion:
3 different approaches to migraine relief

20 Doctor on Call



Editor-in-Chief
John F. Rothrock, MD

Managing Editor
Diane Andress-Rothrock

Senior Editorial Advisors
Robert P. Cowan, MD
Richard B. Lipton, MD

Web Editor & Designer
Clover Collective

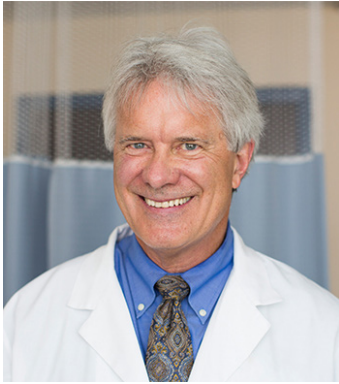
Printing
Minuteman Press Bethesda
RLT@mmpbethesda.com

Publisher
Celerity Press, LLC
Bethesda, Maryland

©Celerity Press, 2022. All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the copyright owner or his formal designate. The views and opinions expressed in Migraineur reflect the experience and perceptions of the editors and contributors. While those views and opinions may be well-informed, this magazine is not intended to substitute for a face-to-face evaluation by a provider skilled in headache diagnosis and management. Readers are encouraged to use Migraineur as a tool that enhances their understanding of migraine and complements whatever management plan they and their providers have developed.

Editor's Note

Dr. Rothrock is director of neurology advanced practice provider training and professor of neurology at Inova Health and the University of Virginia School of Medicine.



Just slightly less than 30 years ago, in December 1992, injectable sumatriptan (Imitrex) was approved by the FDA for the treatment of acute migraine headache.

It was a truly transformational event. Along with empowering millions of migraineurs to effectively treat their most severe headaches without the need for a visit to their provider's office, an urgent care center or an ER, this groundbreaking "designer drug" set the stage for an unprecedented scientific effort to better understand and treat migraine...an effort that has persisted up to the present.

It was transformational for me personally as well. For years my clinical and research interests had been focused primarily on stroke, but by serendipity I joined with a handful of other clinical investigators to assist in the development of what became Imitrex. For me that experience was a revelation. I learned both that migraine is a biologic disorder and also that, given the right key, the lock to treating migraine could be opened.

Over the years since I've been a member of an ever-expanding national and international coalition of clinical investigators who have joined in the effort to construct an arsenal of evidence-based therapies to treat migraine. That effort has been a tremendous success. The number and types of options available now for migraine treatment were unimaginable when I first entered the field, and the experience of helping to develop these new therapies and then watching as patients in general clinical practice respond positively to what was until recently an object of research has been immensely satisfying.

In this issue we highlight three very different therapies: the extract of a root (Petadolex), an old standby now available in promising new delivery system (Trudhesa) and a relative newcomer to the migraine prevention neighborhood that offers both high tolerability and the tantalizing promise of an exceptionally rapid therapeutic response to a sizable portion of those migraineur patients receiving it (Vyeti)

Three more options. Not bad. How nice it is to have options.

John F. Rothrock

John F. Rothrock, MD, Editor in Chief
edoffice@migraineurmagazine.com

Stay in the Know

As always, we welcome all interested parties to Migraineur magazine and invite you to become an **electronic subscriber**. It will cost you nothing, and by subscribing you will receive an email notification as soon as a new issue is out and posted on our open-access website as well as access to blogs and special announcements. To subscribe, simply go to our website (migraineurmagazine.com), find "Subscribe", type in your name, email address and zipcode and then hit "Submit".

IMPORTANT SAFETY INFORMATION (continued)

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat chronic migraine.

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Do not receive BOTOX® if you: are allergic to any of the ingredients in BOTOX® (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); have a skin infection at the planned injection site.

The dose of BOTOX® is not the same as, or comparable to, another botulinum toxin product.

Serious and/or immediate allergic reactions have been reported including itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX® should be discontinued.

Tell your doctor about all your muscle or nerve conditions such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX®.

Tell your doctor about all your medical conditions, including if you: have or have had bleeding problems; have plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX® passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX® with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® in the past.**

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, dry eyes; and drooping eyebrows.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please refer to the Summary of Information about BOTOX® on the following page.

BOTOX® and its design are registered trademarks of Allergan®, Inc., an AbbVie company.

© 2021 AbbVie. All rights reserved. BCM145319 04/21

