

FOR THOSE WHO CHOOSE TO LIVE WELL DESPITE MIGRAINE

# Migraineur

MAGAZINE

Issue 02 | Fall 2017



## TAKING YOUR MIGRAINE ON VACATION

PLUS

MIGRAINE 101



WHAT IS IT



WHAT CAUSES IT



HOW TO TREAT IT

# CONTENTS

## REGULAR FEATURES

- 01 Letter from the Editor
- 01 Migraineur Editorial Board Profile.
- 2 So You Want to Take Your Migraine On a Vacation!
- 05 Migraine 101
- 09 Celebrity Migraine



02



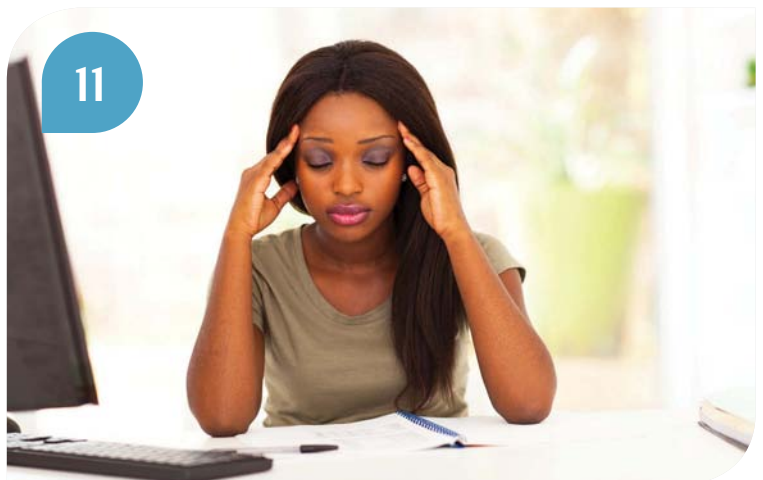
05



09

## SPECIAL FEATURES

- 11 Managing Your Migraine:
  - 01 Tip of the Month
  - 02 Treatment of the Month: Caffeine!
  - 03 Myth of the Month
- 13 DOCTOR ON CALL



11

## NEXT ISSUE

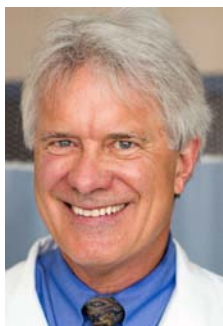
- Sex and Migraine: “Not tonight, honey” or “Bring it on!”?
- Migraine and Pregnancy
- “The Big 5”: What Your Doctor Doesn't Want to Hear

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# LETTER FROM THE EDITOR



In this and subsequent issues we will attempt to dispel the many myths that surround migraine...



Welcome to the second issue of a magazine that is intended to both educate and entertain the many millions of Americans who suffer from migraine. As a physician and fellow migraineur who has treated thousands of migraine patients, conducted research in the field and assisted in the development of virtually every new treatment for headache since the emergence of sumatriptan (Imitrex) in the late '80s, I have a particular allegiance to our readership.

Migraine is a decidedly odd malady. Although rarely life-threatening, it is frequently life-altering. Migraine imposes a tremendous physical, financial and psychosocial burden upon our society, and for those of us afflicted it may persist, throughout most of our lives.

While common, the disorder is poorly understood both by the public and by healthcare providers, a situation that results all too often in a failure to seek medical care or medical mismanagement and consequent patient frustration when such care is sought.

In this and subsequent issues we will attempt to dispel the many myths that surround migraine, acquaint you with the tremendous strides that have been made in understanding and treating the disorder and, most important, offer some guidance as to how we migraineurs may enjoy life more fully and control our headache disorder more effectively.

*John F. Rothrock, MD*

Editor in Chief

## ON THE COVER

Shirley Lake Summit  
Squaw Valley, CA

Cynthia Andress pauses on the Shirley Lake Trail. She is a mother, a full time student, an active triathlete and a migraineur.

# Migraineur

## Editorial Board Profile

Dr. Rothrock received his medical degree from the University of Virginia and completed his internship and residency training in Neurology at the University of Arizona.

In 1983 he joined the Neurosciences faculty at the University of California, San Diego (UCSD), where he established and directed the UCSD Stroke Center and, subsequently, the UCSD Headache Center. He and his UCSD colleagues assisted in the development of such medications as injectable sumatriptan (Imitrex) for acute migraine treatment and divalproex sodium (Depakote) and topiramate (Topamax) for migraine prophylaxis.

From 2006 to 2012 he served as professor, vice chair and medical director of Neurology at the University of Alabama/Birmingham (UAB). At UAB, Dr. Rothrock continued his clinical research in the area of migraine, assisting in the development of onabotulinumtoxinA (BotoxA) as a treatment for chronic migraine.

Since July 2015 he has served as professor and vice chair for the department of Neurology at the George Washington University School of Medicine. With his colleagues locally, nationally and internationally he is working to develop new treatments for migraine and other headache disorders.

Dr. Rothrock has been listed in America's Top Doctors and Best Doctors in America in each of the past 15 years. He has been cited in Men's Health and Women's Health magazines as one of the 20 top neurologists in America.

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Production editor: Bradley Bawek

Director of marketing: Benjamin Lankford

Design: BAWEK creative services / bawekcreative.com

Printing: Minuteman Press Bethesda / mmbethesda.com

Published by: Celeray Press